NATURE CURE
A WAY OF LIFE
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NATURE CURE
UPROOTS DISEASES

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COVER STORY

Naturopathy believes that the human body owes its existence to Nature's five elements - Earth, Water, Air, Fire and Ether - a composite representation of all forces of nature.

The element **Earth** stands for the solid structure like bones. **Water** is a representative of the fluids like blood, lymph, etc. **Air** represents the breath of life, **Fire** symbolises the vitality while **Ether or Space** personifies a reflection of the human spirit - Soul - the unseen aspect of the human entity.

In positive health, each of these elements is in equilibrium and well balanced. Any disturbance in this equilibrium due to any cause leads to a disease. Naturopathy aligns us with the self-preservative Will of Nature to protect and ut the undesirable,
R.

मापद्यमानं यथास्वं
द्यमानं यथास्वं

— सूत्रस्थानम्)

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balance in the
and Yoga help

Suthrastanam

Community Health Cell
Library and Documentation Unit
BANGALORE

NATURE CURE
A WAY OF LIFE

by
DR. S. R. JINDAL

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FOREWORD

Disease is the consequence of disorder. Disorder is the outcome of indiscipline. When discipline goes disorder and misery will follow. Most of us do not eat to live but live to eat. Human body like nature cannot tolerate undue external interference. When one becomes sick one tries to find desperate remedies which very often cause further damage to the system. The more drastic the remedy is the greater is the damage and it becomes a vicious circle. Naturopathy is the only method which corrects imbalance caused by excessive indulgence and restores inner harmony without the aid of external agent. We refuse to learn the laws of Nature. We refuse to understand life's dependence on Nature. Nature is like the Trinity in Hindu mythology. It creates, preserves and destroys. Man in the name of development and progress has been destroying nature, the consequences of which even a blind can see.

Dr.S.R.Jindal, Chairman and Managing Director of Jindal Aluminium Limited, established the Institute of Naturopathy and Yogic Sciences in 1978. Dr.Jindal is not only an eminent industrialist and a well known philanthropist but also is a man totally committed to the welfare of the poor and service of suffering human beings. The Institute has become an outstanding landmark of Bangalore. It is situated on the outskirts of the City in a pollution free area of over 50 acres where the environment is so pure, pristine and beautiful that any sick person going there is sure to feel instant relief.

Naturopathy and Yogic Sciences are the curative tools used in the Institute for treating diseases on

sound and scientific lines with the help of modern equipments and advanced diagnostic facilities. The Institute has grown in a very short time both in reputation and size and has earned a name all over the country. It has also been internationally acclaimed. People come to the Institute from all parts of the world for treatment.

Dr.Jindal himself is a *satwik* person. He was able to transform a dream into reality where without the usage of drugs the latent nature's potentiality in every human being is awakened resuscitating the lost health and vigour.

Hailing from a family of dedicated industrialists, Dr.Jindal has deep commitment towards social causes which has blossomed in the shape of several charitable institutions in the field of education, medicine etc. In the process of his growth, he developed an outstanding love of the opulence inherent in nature and practised Naturopathy from his young age. He has written several articles and books on Naturopathy. The book in your hand at present is one such attempt by the author to expound what he knows on Nature and Naturopathy to you. Dr.Jindal has written this book in an easy style so that even a layman can understand and benefit. This book will be a priceless guide to all those who want to know about Nature and Naturopathy. I think Dr.Jindal has made another invaluable contribution to the society by writing this book.

Ramakrishna Hegde

Bangalore
July 11, 1993

(RAMAKRISHNA HEGDE)

PREFACE

"Nature never did betray the heart that loved her"

- W. Wordsworth

The unbridled growth of industrialisation, accentuated by the modern science and technology, has created a situation, which prevents man from bestowing adequate care and attention even to his minimal personal health needs. Health is not something that can be purchased in a bottle from a drug store, but is a condition built over the years from within by our own vital processes through conscientious efforts and self-control or **WILL POWER.** The old adage "A sound mind in a sound body" underlines the importance of a healthy body. It is a source of happiness as it helps create an atmosphere of amiable interaction with our near and dear ones. Good health is Nature's gift to man, but man, being preoccupied with a mechanical life-style, has alienated himself from Nature. Instead of taking full advantage of natural resources to acquire a sound health, he has developed a tendency of drifting away. In this gloomy situation, there exists a silver lining and that is, **the Naturopathy and Yoga**, which bridge the gap and help man to seek health from natural resources ensuring a long and high quality life.Then heart diseases, strokes, cancer, diabetes, arthritis, abdominal diseases and other diseases of modern civilization that kill and cripple the mankind will be controlled and may not occur at all. Fasting and consequent changes in our life style remain the fundamental principles. Physical, emotional as well as mental health, we consider, will lead to a healthier and more harmonious way of life.

This book is a modest attempt to present the salient features of Naturopathy in a concise manner, easily understandable to the persons having undergone Naturopathic treatment and having faith in Nature cure. Its scope, therefore, is fairly limited but adequate enough to give broad guidelines.

The application of these guidelines - in the form of a few regulations - should, however, be confined to minor ailments of one's family members. Reading this booklet does not, therefore, make you a master of Naturopathy.

The author has absolutely no intention to criticise, condemn or lower the image of any branch of medical science. Every medical field has its own utility and significance, especially Allopathy which is the most modern, advanced and widely accepted branch, having enormous and extensive research facilities with set standards; while Naturopathy is the most subdued or ignored science due to indifferent, unplanned and insincere approach of most Naturopaths and preachers/advocates of this pre-eminent branch, who out of their narrow mindedness have done nothing substantial to promote and uphold the cause of Naturopathy. Sometimes a biased approach becomes apparent from the action and conduct of these so called promoters of Naturopathy when one finds that even the use of diagnostic facilities like Laboratory, ECG, X-ray and exercising equipments in gymnasium etc., are discarded by them as instruments of Allopathy, while the said facilities are, in fact, the result of inventions/extensive research in science for the welfare of humanity. Hence no single branch of medicine has any monopoly or exclusive claim over them.

Nature cure is a way of life. Unfortunately, in the minds of many people including doctors, Nature cure does not stand for any definite school or scientific system of medicine and a number of unqualified persons practising Nature cure are simply defaming it. I feel, in the interest of patients, the time has come when nature cure should be standardised in India in order to give it its rightful place among the sciences of healing.

In effect, this book makes a humble effort in finding a genuine and truly helpful life-line for many people.

Bangalore
July 1, 1993

S. R. JINDAL

ABOUT INYS

Mounting concern over quick-shot treatment, drug abuse and its irreparable side effects on human body, prompted S. J. Jindal Trust to establish the **Institute of Naturopathy and Yogic Sciences (INYS)** - a Charitable Hospital, in 1978 at Bangalore, where Nature is opulent with lush greenary.

The aim of the Institute is to promote drugless treatment therapy in real spirit without compromising on the principles of Naturopathy; which is to re-establish the faith that **All healing powers are within the body itself.**

The Institute is unique in that it has put in practice, a judicious blending of the ancient concepts of Nature Cure and Yoga with modern diagnostic equipments, laboratory, Gymnasium and treatment aids including physiotherapy to provide immediate diagnosis and effective relief without drugs, injection, pills or even herbs. Naturopathy cures the diseases by stimulating the body's inherent power to regain health. Yoga, the ancient Indian technique, cultivates and integrates the human personality at physical, mental, moral and intellectual levels by means of Yogic Kriyas, Asanas and Pranayama. Like two wheels of a cart move together, Naturopathy heals while yoga maintains.

According to Naturopathy, human system is best adapted to a diet of fruits, vegetables and sprouts. Naturopathy therefore, lays the utmost emphasis on a nutritious and consistent diet to help the healing, curing and other constructive processes in the body. Tea, coffee, alcohol, smoking, zarda and non-vegetarian food are strictly prohibited in the Institute.

The Institute has magnificient buildings, spacious and well ventilated free wards, double rooms, single rooms, cottages, huts, and nests of exquisite architectural beauty with all necessary homely comforts. It has a capacity of about 150 beds. Since it is a Charitable Institution, charges are only for the accommodation which are also highly subsidised. The treatment, diet and consultation are free.

The Institute treats almost all types of diseases and has specialised in treating the following chronic diseases : Migraine, Myopia, Bronchial asthma, Ulcers, Hyperacidity, Abdominal disorders, Amoebiasis, Dysentery, Colitis Gastroenteritis, Hepatitis, Menstural disorders, High blood pressure, Diabetes Mellitus (non Insulin dependant) Insomnia, Anxiety Neurosis and Depression, Spondylitis - Cervical & Lumbar, Arthritis and Gout.

Far from being complacent, Institute strives hard to better and further its performance and achievements in all direction. Constant research work is being conducted through INYS Medical Research Society, duly recognised by Government of India, to study the efficacy of Nature Cure and Yoga in treating various diseases. The results are encouraging.

INYS has developed a very elite publication division, devoted to building health awareness among suffering humanity. Its publications on Naturopathy, Yoga and Vegetarianism are very popular and they are sold at a highly subsidised rates.

CHAPTER I

A WAY OF LIFE

NATUROPATHY AND YOGA

Naturopathy, to some people, is a system of nuisance and rigour, involving tortuous process of treatment with remote results. In fact, such ideas and beliefs about Naturopathy are highly prejudiced and fallacious, leading the people away from the golden device of healing/curing diseases through natural, drugless and the most harmless process. Human beings are an intrinsic part of the nature. Therefore, nothing except nature can facilitate a complete cure for human machinery disorders. Naturopathy attempts to bring the human body close to the nature and Yoga tries to keep it there. It is, therefore, a misfortune that Naturopathy and Yoga remain ignored. In fact, the primary cause of all diseases is "the violation of nature's laws", i.e. violation of rules of diet, exercises, drinking water, relaxation, sleep and what not. Disease as such is the self purifying effort of nature, proclaims Naturopathy.

Dr.Lindlahr, an eminent nature curist, states: "Every acute disease is the result of the cleansing and healing effect of nature. If you suppress the acute conditions by drugs or by any other means, you are simply laying the foundation for chronic diseases. All diseases, from a simple cold to skin eruptions, diarrhoea, fever etc., represent nature's effort to remove from the system some of the accumulated morbid matter and some poison dangerous to health and life." Drugging is like whipping an already exhausted horse, is the basic premise of Naturopathy.

Naturopathy believes that the germs which initiate disease appear and flourish only where morbid matter has accumulated. Hence, a disease cannot start unless there is already a soil in which the germs can thrive. When morbid waste products in the body become very strong, the self-curative forces (vitality) work at a low ebb and nature loses its fight, resulting in a disease.

According to the basic concept of Naturopathy or Nature cure, all healing comes from within the body itself. That is to say, there are self-curative forces which are inherent in human body working towards health and healing. In fact, a Naturopath simply provides required guidance, whereas self-control, diet control and exercises to be adopted by the patient, play major roles in the healing process.

Accumulation of waste products in the body, by eating wrong kinds of food, over-eating or poor digestion and assimilation, is considered one of the major causes of ill-health and various diseases. Nothing eliminates these waste products more effectively than fasting and enema. The human body is a sophisticated tough machine. Most of the diseases can be treated and cured by cleansing the body through natural, eliminative and physiological processes.

Naturopathy, which is a wonderful drugless process of healing, is not a miraculous panacea. Even after relief or cure, certain precautions like diet control, exercises and some treatments are to be continued for a long time. Yet it is beneficial, compared to drugging, which only suppresses the disease and may give rise to some other ailments. Naturopathy works wonders on many, but not on all the acute and chronic diseases. For example, it is not advised in

medical emergencies and in serious/dreadful diseases like cancer, heart trouble, stroke, kidney failure and so on, for which the modern system of medicine should be preferred. Unfortunately, Naturopathy has not been developed to that level due to lack of research, resources, attention, dedication and enthusiasm. While it cures many diseases and provides sure control/relief in respect of some of the otherwise incurable ones (as described herein via a thorough cleansing/detoxification of the system), it also helps one lead a healthy and disease-free life even during old age. This is possible only if one obeys its rules and develops the WILL POWER or self control, especially control of the palate, i.e. eating habits. Besides, one has to have patience.

Yoga, if combined with Naturopathy is another important healing science - also drugless and natural, but misunderstood and misinterpreted in certain aspects by some people. By itself, it generally cannot cure most of the diseases which Naturopathy can, but its role is equally useful in combination with Naturopathy and vice versa. In fact, Naturopathy and Yoga are like two wheels of a cart and if both are practised together, a system evolves which can give wonderful results.

Yoga is a complete science of life and although ancient one, has become popular in the recent past. It is a scientific method for exercising and relaxing ,to ease the tensions and stress of modern day living.

There are many types of Yoga. However, here we are concerned with physical exercises only.

Yogic Kriyas like *Kunjal, Shankprakshalan, Neti, Dhauti, Kapal Bhati, Nauli* etc., are processes of

purification of the body which precede Yoga and help in eliminating toxic accumulations from the body.

Asanas are certain body postures which greatly improve the blood circulation, tones up the blood vessels and mainly work on endocrine glands and the nervous system which are inter-related with other systems. *Asanas* also help remove accumulated toxins and metabolic wastes from the body.

Pranayama increases absorption of oxygen and activates the functions of the vital organs of the system. It also cleans the entire respiratory system making respiration smooth and effortless.

Yoganidra or *Chittashuddhi* is a yogic tranquilliser which helps to achieve total physical, mental and emotional relaxation.

Naturopathy heals or cures the body, while Yoga maintains it thereafter. The two, in combination, enable one achieve a healthy life throughout and even at old age.

But, unfortunately, the advocates of one are generally averse to the other. Naturopaths do accept Yoga in some areas (though not in full spirit), while Yogis are generally adamant and consider Yoga as "The be all and end all", which is a misconception. It is, however, advisable to follow and have equal faith in both to get long-term benefits.

An example is given below to help the reader understand how Naturopathy cures diseases:

Suppose, someone is suffering from a chronic disease, amoebiasis, Allopathic medicines, being

poisonous, will try to kill the amoebae (parasites) so that the system becomes clean and without any amoebic infestation. But, as a matter of rule, these medicines cannot destroy the eggs which are safely hidden inside the cysts. The cyst coverings give protection from the poisonous drug for a period of 7 to 10 days of administering the medicine which itself cannot be given continuously, as it may kill the patient himself through its poisonous side-effects. Hence, these previously dormant parasites come out from the cysts and subsequently become very active and multiply into a big army in a short span of time.

Therefore, the disease remains the same or gets even aggravated. Again one cannot continue in life with such course after course of treatment, as it is bound to have adverse side effects in the long run. Hence, medicines are no solution, but rather a suppression. In case of Ayurveda and Unani, the aim is to drive away the parasites or amoebae from the system through the rectum via morbid matter, but this again cannot put an end to the huge army (millions of them) even for a long period, because the process and effects are almost the same. Though less poisonous, the method is irritating and if taken for long, may cause other problems like ulcer, liver problem, indigestion, diarrhoea etc. If viewed from the Homoeopathic angle, it is a trial and error game. You go on trying and a time may come when your target is hit. Its process being very slow, the medicine cripples the parasites and makes them ineffective as long as it is continued, but the sooner it is withdrawn the earlier the trouble re-starts. Similarly, there are other systems which have their own advantages and disadvantages.

Now let us analyse how Naturopathy works. It starts at the root and treats the disease with cold water treatments like hip bath, mud pack, stomach pack, enema and gastro-hepatic pack (mostly cold treatments on the abdomen). The parasites or amoebae cannot thrive in the cold; whereas heat is conducive to their survival. Hence they start dying or running out slowly and steadily. Even the cysts are destroyed or damaged. Thus the breeding and growth of the parasites are restricted. With the help of the above treatments, fasting and enema, the entire army of parasites is drained out through the rectum in a period of 15 to 20 days, if taken continuously. Thereafter, the patient is gradually brought to normal diet. One must learn Yoga and continue exercises or/and brisk walk every morning after which one will never have this problem again.

The other problem is how morbid matter, stuck in the cells of the liver, inside the abdomen, intestines etc., is to be removed. This will cleanse the system and get rid of various diseases generated by this morbid matter which gets accumulated due to bad and irregular eating habits over many years. No method can remove this hard-stuck morbid matter which is like pitch or gum, even if the whole system is opened with surgery, what to speak of medicines! For example, take an envelope with a stamp strongly pasted on it. Can you remove it simply by pulling it? No, you will have to soften the glue with water, rub it cautiously for some time and only then will the stamp slowly come out. Naturopathy works the same way and hip bath, mud pack, enema, fasting etc., play the same role in cleansing the system which is not possible by any other medical processes.

Certain wise people adopt an intermediate route - occasionally taking mild herbs and at the same time practising Nature cure and Yoga. It is advisable that one should not be very rigid or averse to using herbs. Although Naturopaths will not compromise on this advice, in practice it is not possible to lead a purely natural life in modern times. Therefore, one can and should attempt these as far as possible. In today's fast life you cannot restrict your duties to six hours, maintain regularity of exercise, take purely natural food and completely avoid hurry, worry, anxiety, tension, impatience, fast life etc., all of which are against Nature. It is inevitable to be social and to attend some late evening dinners of weddings, functions to oblige friends/relatives.

In the order of healing sciences, Naturopathy stands first, but unfortunately, it is practised last after hopelessly trying all other medical sciences. It is beyond doubt that nature cure is a sure cure for a majority of the diseases and though inexpensive it is very effective. In other words, it is a drugless healing which is unique because it has no side-effects whatsoever. For most of the diseases like stomach/ abdominal troubles, high blood pressure, diabetes, headache, asthma and liver disorders, regular exercise and simple treatments which can be taken even at home are effective. **Nature cure is curative, preventive and also educative.** It is also very soothing and harmless, although it demands a little sacrifice and patience.

One may ask if this system is so good and beneficial why has it not progressed much compared to other systems of medicine. The answer for this has been summed up aptly by Mahatma Gandhi as follows:

"Inspite of their limited scientific knowledge, the Naturopaths make tall claims and nurse a feeling of grievance against medicos. They lack the spirit of organisation, each one is self satisfied and works by himself instead of pouring in resources for advancement of their system. No one tries to work out in a scientific spirit all the implications and possibilities of the system. No one tries to cultivate humility. It is my conviction that so long as some dynamic personality from among the Naturopaths themselves does not come forward with a missionary zeal, things will continue as they are".

Even after 50 years, things are continuing in the same way as they were before - very unfortunate indeed for the country and mankind at large. If Naturopaths work sincerely without ego and with the required perseverance and enthusiasm, Nature Cure can do wonders. People may not desperately need those over-crowded Allopathic hospitals then. They will lead comparatively disease-free lives. They won't need to go to hospitals that frequently as Naturopathy has repeatedly demonstrated, **Prevention is better than cure**. But, for the promotion of Naturopathy in a big way, the Government's active involvement is most essential. If the Government spares and allots even one per cent of the budgeted funds and attention it gives for Allopathy, the country can have big Institutes of Naturopathy and Yoga in every State within a short time, and thereafter, gradually in every district. Through adoption of Naturopathy, the State can greatly improve efficiency and moral life of the people and reduce pressure on overcrowded hospitals.

A healthy body is a source of pleasure not only to its owner but also to those who look at it. Thus, to possess a good, healthy body and mind is a great social and economic advantage with Naturopathy. Meditation too has great contribution to good health. There is absolutely nothing greater than meditation - a panacea, if practised under absolute obedience and with the able guidance of a perfect master (Guru).

In its own humble way, the Institute of Naturopathy & Yogic Sciences (INYS), Bangalore has been conducting extensive research on evolving a complete medical system, utilising Nature Cure, Yoga and Meditation with particular emphasis on Asthma, Diabetes, Arthritis and Hypertension for the last fifteen years with excellent results. Research has been conducted for the above said diseases and directed for the benefit of patients.

HEALING CRISIS

Some patients get perturbed and unnecessarily frightened just by hearing about or learning of the healing crisis. But what is it, after all? Generally, large amounts of toxins and morbid matter get accumulated in the body following toxic food/drinks, medicines and drugs taken for a prolonged period while the patient is undergoing treatment. Sometimes it is not so easy to wash them out during the normal cleansing process and the symptoms of the disease get aggravated. Hence, the patient experiences a healing crisis. Frightened by the crisis some patients

lose heart, get frustrated, stop the treatment and go back to previous physicians of other medical systems.

This is in fact a blunder. If patients show the perseverance and the will power, their disease could be treated with fantastic results. Even though Naturopaths could easily suppress this crisis, it would amount to interference with the cleansing work of the body's defensive forces, and hence it is against the philosophy of Naturopathy.

An example may make it more clear. Suppose, a sewer is passing through your street and if it is not cleaned for long, it will stink, even if it is covered with slabs. But when it is opened for cleaning and the cleansing process starts, it will surely give rise to such an offensive smell, that you may feel like running away from the place lest you catch an infectious disease. However, when this drain is thoroughly cleaned and disinfected with detergents and lot of fresh water, the smell will disappear and so transform the place that you would not possibly hesitate to take even your food sitting on the slab of that very drain. So, you can easily understand which part of the whole process is the healing crisis.

In view of the above, the healing crisis should not be viewed as a dreadful consequence but as the Nature's effort to overcome the disease. It is the Naturopath's utmost duty to motivate and educate the patient during such a crisis and build confidence in him.

CHAPTER II

DIETETICS (FOOD)

FASTING

Dr.Otto Buchinger, an internationally famous authority on fasting, cured himself of severe rheumatic fever by fasting for 19 days and liver disorder after fasting for 28 days - the man who had been chronically and severely sick was healed for good. He not only regained his health but also his full capacity to work. (He remained healthy until his death at a ripe age of 89 years).

We all know that when animals or even birds fall ill, their first and foremost step is giving up eating until they show signs of recovery. This gives a clear impression that fasting itself is healing. It is at the same time very strange that we human beings have not even as much control over our palate or mind as the animals have. Fasting, undoubtedly, is one of the most important and incidentally, the cheapest of all natural remedies. It is the quickest and simplest and most efficient method of relieving the body of overloaded food and preventing it from poisoning the system. It is surprising to know what a small quantity of food is actually required to keep the human system in good condition. The majority of the people are eating food in excess even though they believe they are eating moderately. It is an established fact that people do not die of fasting even for a long period, whereas people who eat liberally may die earlier due to one disease or another, caused by eating the so-called delicious food which is junk and over-indulgence.

There are millions of bacteriae present in the food we eat, the water we drink and the air we breathe which maintain themselves in a kind of equilibrium. When conditions are favourable to them, they multiply enormously, which means there must be a fertile soil before germs can gain sufficient foothold and begin to dominate. It is nature's rule that nearly all diseases are caused directly or indirectly by auto-intoxication or self-poisoning. Nature cure treatment aims at killing the germs and curing the disease through cleansing, overhauling or detoxifying the system through fasting, drinking lemon water and with enema.**Fasting should not be confused with starvation.** Fasting is constructive; whereas starvation is destructive. Through fasting, all important organs like the stomach, intestines, liver and pancreas, besides kidneys and lungs are given rest. In short, fasting is a real cleansing device - an overhauling and purifying process. Periodical fasting is very necessary to keep the body healthy, but fasting for longer periods should be undertaken only under the guidance of an expert/Naturopath.

It is worth noting that the method of breaking the fast is more important than the fast itself, as wrong methods could lead to damage of the digestive system. We have to resume normal diet slowly and gradually through fruit juice and raw food for a few days. Similarly, for a couple of days, go on a fruit and raw vegetable diet, before resorting to fasting on water. Clean the bowels daily with enema.

The Effects of Fasting

Fasting is one of the most effective and natural treatments covering a wide range of disorders. It works:

— as a preventive and healing/curing measure.

— enabling quick and safe weight loss.

— reducing high blood pressure.

— lessening fat content of the blood. (cholesterol)

— adjusting the sugar level of the blood.

— improving the condition of intestinal and stomach passage.

The resulting loss of weight alleviates pain in the spine and joints of the body, particularly of overweight people having orthopaedic disorders.

NATURAL NUTRITION

In this era of scientific inventions, much progress has been made in various areas for the benefit of mankind. Unfortunately, much 'progress' has also been made towards destruction and harm to the people. The major harmful effects are from newly developed food items of numerous varieties which are available right from the street to an expensive restaurant. Sellers do not care for the food value and its effect on health. Their main motto is that it must be palatable, very tasty and enjoyable, so as to fetch more money for their pocket. Simple food, as was available in olden times is no more, except perhaps, in some poor houses.

Food plays one of the most important roles in maintaining good health. "The right kind of food is the

most important single factor in the promotion of health and the wrong kind of food is the most important single factor in the promotion of disease", so said Sir Robert Mac Carrison, the greatest of food scientists. If one has **WILL POWER**, one should remain on a mono-diet (one food item like papaya, banana, apple, skimmed milk, butter milk etc.,) for cleansing purposes as long as one can manage, but not less than 7 days as a cleansing diet cures the disease only upto a degree, depending on its gravity. Absolutely nothing else is to be taken throughout the day, except mono-diet, as and when one feels hungry. The best is papaya - 4 or 5 times a day. It has a great curative effect. Lot of water has to be taken too.

Unfortunately, dietetics finds no place in the curriculum of medical colleges and no knowledge of the subject is,therefore, acquired by young medicos while pursuing their degrees. It seems that the medical profession of the future will be as ill-informed about these vitally important matters as the present generation of doctors is.

Countless cases are on record, of seemingly miraculous cures effected simply by means of dieting, aided by simple remedial measures such as cold pack, manipulative treatment, sunlight etc., Moreover, it is noteworthy that many of the people thus restored to health had been labelled previously as incurable by orthodox medical men.

Most people blissfully imagine that once they have eaten something and swallowed it and as long as no direct bad after-effects are felt, the matter ends there. But in reality, this is only a wrong notion and it beckons the beginning of a trouble. Regularity,

punctuality (at a particular time), thorough chewing, feeling of hunger and avoiding hurry, worry, tension and emotion while taking meal are very essential if the body is to derive the maximum benefit from its food intake. Further, water is not to be taken while eating food and 60 minutes thereafter, to aid good digestion.

Although proper diet is the basis for curing all diseases,yet diet alone is not everything. Other health building measures, such as proper exercise, sleep, deep breathing, care of the teeth and skin etc., are to be employed.

A major problem of diet among the rich is that an average adult normally eats more than what is necessary for one's health. In fact, the excess intake of food causes more harm than good. Eating less is, therefore, not only the most effective device through which one can reduce weight but also helps greatly to give one a feeling of well being. **It is not the quantity and richness of the food that one eats, which really matters, but how far it is digested and assimilated to offer the required stamina and benefit is all the more important and of key consideration in Naturopathy.**

Skimmed milk is an excellent food. It has all the valuable nutrients of whole milk except the fat. A cup of whole milk contains about 130 calories as against a cup of skimmed milk which has only about 80 calories; but the nutritive value of both is almost the same. It is also rich in Vitamins A and D. Naturally sweet yoghurt (curds) is better and more nutritious than ghee or milk, as it is pre-digested milk. Similarly, butter milk is highly beneficial. One can take yoghurt

liberally if it suits one's system. Procedure for preparing skimmed milk is: Add some water and boil milk for about 30 minutes, keep in fridge when not too hot. After about two hours, remove the cream *(Malai).* Repeat the same process, if desired.

One should eat a diet rich in roughage and fibre because its bulk would tend to make one eat less fat and carbohydrates compared to the usual highly refined and processed diet which is full of calories and fats. Roughage/fibre is essential for satisfactory evacuation and good bowel movement. This roughage/fibre can be obtained from food items such as wholewheat flour, bran, unpolished rice, sprouts, fruits and vegetables. Half of what we eat should be in raw form.

PROTEINS, CARBOHYDRATES, FATS, VITAMINS, MINERALS, ENZYMES ETC.,

Protein is an integral part of our dietary system and is essential for the growth and development of the body. It builds muscles, hair, skin and is a component of enzymes, hormones, haemoglobin, myoglobin etc., Excess protein consumption has dangerous consequences. The toxic byproduct from protein conversion and metabolism enters the bloodstream in the form of uric acid, urea and other ammonia-like compounds. These toxins are responsible for gout, arthritis, kidney damage, gastritis, hyperacidity, constipation, heart disease and other ailments. High protein intake forces extra work on the body, particularly on the liver/kidneys.

Carbohydrates in their natural forms such as fresh and dried fruits, vegetables, sprouts etc., should

always be used in preference to concentrated protein food. Dr.Helen C.Kiefer of Northwestern University, U.S.A., has this to say about the relative importance of carbohydrates and proteins in a well balanced diet:

"Proteins, unlike carbohydrates or fats, contain the element nitrogen. When we strip this nitrogen from the amino acid components of proteins in order to convert them to carbohydrates for energy, we run the risk of building up ammonia in our bloodstream. ***Ammonia is highly toxic.*** *Carbohydrates constitute the only source of energy for the nervous system."*

Fat is very commonly known to be and is obviously, harmful beyond a limit. Ghee, butter, saturated oils, concentrated and heavy food - all are super rich in fat.

On the other hand, natural food and a well balanced diet supply us abundant natural carbohydrates - our body's number one nutrient requirement. In addition, we receive a full array of vitamins, minerals, enzymes, proteins and many yet to be discovered elements from this fresh and wholesome food package by nature in its different products. The richest sources of all nutritious elements are in the living food, i.e, raw vegetables, fresh fruits, sprouts, unrefined cereals, some nuts and seeds - everything is adequately supplied by living food. Consume 50 to 100 gms of leafy vegetables comprising of fenugreek leaves, spinach, raddish leaves, mustard leaves, coriander, mint etc., daily as they constitute an important source of proteins, minerals, vitamins, besides the dietary fibre which maintain bowel movement. Vitamins and enzymes are generally destroyed by cooking. See Table III - VITAMINS IN YOUR FOOD.

FIBROUS FOOD

Fibre is the indigestible part of vegetables, fruits and grains, which provides bulk to the food and thus plays a vital role in facilitating proper bowel function. Studies have shown that fibre rich diet helps in diabetes, in that it stabilizes blood sugar levels; lowers blood cholesterol levels and is associated with lower incidence of colon cancer, diverticulosis, constipation, hiatus hernia and haemorrhoids. Almost all the fibre comes from natural, unrefined, unprocessed food such as fruits, vegetables, legumes and whole grain products. It is lost when food is processed and refined as in polished rice, white bread and maida which are low in fibre. Dairy products, eggs and meat have no dietary fibre, no matter how tough and fibrous they may look.

GOOD SOURCES OF FIBRE

Fruits

Apple, banana, berry, orange, fig, pear, dates, apricot, melon, mango, grape, papaya, guava, jamun, raisin, etc.,

Vegetables

Peas, potato, sweet potato, beet-root, all green leafy vegetables, beans, carrot, cabbage, *ghiya, tori, tinda, parwal,* snakegourd, etc.,

Legumes

Dried whole pulses like *rajma*, whole *moong*, soyabeans and all sprouts.

Grains

Whole wheat, *bajra, ragi*, jowar, corn, unpolished rice and bran.

FOOD FOR GOOD HEALTH

The following can be safely consumed:

Fruits

Apple, Apricot, Banana, Cherry, Dates, Fig, Grape, Guava, Jamun, Citrus Fruit, Loquat, Mango, Papaya, Peach, Pear, Pineapple, Plum, Pomegranates *(Anar)*, Litchies, Sapota *(Chikku)*, Water Melon and (Amla) Gooseberry.

Vegetables

Carrot, Amaranth *(Chaulai)*, Celery, Lettuce, Fenugreek *(Methi)*, Snakegourd, *Ghiya, Tori, Parwal, Tinda*, Beet Root, Cabbage, Coriander leaves, Mint, Spinach, Bittergourd, Tender Peas, Lady's Finger, Tomato, Mushroom and Cucumber.

Pulses

Gram, Moong, Horse Gram (Kulthi), Lentil (Masoor-dal) Soyabean and *Arhar.*

Dry Fruits

Fig, Raisin, Apricot, Dates and *Munakka.*

Others

Honey, Sago (Sabudana), Molasses, Tender Coconut and *Isabgol.*

The selection of good food is as important as the combination with which it is taken. Sometimes, it can cause an adverse effect also. For example:

(a) proteins and starches
(b) starches and acid foods

} Not an ideal combination

In fact, tomatoes and citrus fruits are not acid forming food, but sugar, fats and proteins are.

Hence, dieticians should include this also.

SUGAR AND SALT

Sugar, particularly white sugar, is a sweet poison. Sugar is one thing which we can safely exclude from our diet. At this a bitter question arises, "How much sugar do we need?" Many types of food contain sugar and it is impossible to avoid it completely. Nature has provided sugar and salt along with vitamins, minerals etc., in many food items to meet our needs. What we add is in excess and it does a lot more harm than good. You may not have a weight problem now, but if you eat too much sugar, you could have it later in life, together with dental trouble, heart disease, strokes, diabetes, backache, arthritis, gallstones and high blood pressure. Hence, it should be the first item to be banned from your diet. However, you may use honey or jaggery ,but in a very small quantity. Similarly salt should be used very sparingly, as it is very harmful in hypertension and many other diseases. Nature has provided enough salt in all vegetables and many fruits. A word of caution - shun the habit of adding salt at the dining table.

GARLIC - A POWERFUL PANACEA

Cultivation of garlic took place centuries back - long before records were kept. The country of its origin is, therefore, not clear, but believed to be southern Europe. Garlic, owing to its pungent smell, needs no introduction anywhere, even to those who have never sampled or even seen it. The penetrating odour of this herb is caused by its main ingredient, which is

a volatile oil. This is very unfortunate, for many more people would have tried garlic except for its strong and lingering smell. During first World War, garlic was used with great success for treating the wounded in the battlefield. The amazing antiseptic power of this herb not only saved thousands of lives, but prevented such complications and serious infections as gangrene. It also checked the spread of ghastly epidemics. There are growing signs that more people are becoming accustomed to garlic in spite of it being hot and possessing such an over-powering odour.

Garlic prevents and treats a number of diseases without any harm or side effects provided taken rightly and continuously. A world wide research into the miracles of garlic has been taking place for a number of years. Leading experiments are going on in various advanced countries like Japan, America, France, Germany and Russia. They have conclusively shown that it not only reduces blood pressure, blood cholesterol and triglycerides, but also acts as a wonderful antiseptic, killing all kinds of harmful bacteriae/worms/germs. In Russia garlic is known as Russian penicillin. American experts endorse the belief, known centuries ago, that garlic is ideal for use in all respiratory infections, bronchitis, whooping cough and asthma. It develops healthy bacteria in the intestine. In all cases they found garlic to be harmless with no side or after affects. It is stimulating, anti-spasmodic, expectorant, laxative and diuretic. It is ideal for treating the respiratory tract problems, skin complaints, leprosy, fever, intestinal disorders, dysentery, colitis, diarrhoea, indigestion, colds, flu, viral and worm infections, arthritis, rheumatism, gout,

allergy, circulatory problem, obesity, diabetes, stress, tuberculosis and gastric disorders and to prevent plagues and epidemics. Garlic contains important vitamins and minerals. It is a heart tonic, effective carminative and appetite stimulant. Garlic may be taken liberally during winter and rainy season. Garlic juice mixed with honey is recommended for cold (running nose, sneezing etc.), cough, sore/hoarse throat, loss of voice, asthma and bronchitis. Many have researched the ability of garlic as an aid in detoxification. Garlic is certainly a disinfectant herb.

There are endless ways of using garlic. Now-a-days, we are fortunate that with the aid of modern science, garlic capsules have been produced which can be taken without the odour problem.

From a nutritional and safety point of view, cooked garlic is more valuable than the raw garlic. Raw garlic, though rarely and if taken in excess quantity may cause irritation, burns and inflammation of the digestive tract, besides allergy, dermatitis, lethargy and dehydration. Well cooked garlic is not irritative and has no adverse effect. Cooking does not ruin its health giving properties.

This herb is so versatile that a book could be written on using it in the kitchen. Take garlic continuously by cooking or in the form of capsules/pearls without the problem of odour and obtain fantastic results. Carry with you during travel and take 3-6 capsules daily. It is simply a herb or vegetable and not a medicine or drug. Don't be hesitant. Try it and see for yourself.

IDEAL MENU AND TIMINGS

1. On rising early in the morning, drink a glass or two of normal water.

2. Take a glass of juice (carrot/apple-with sweet mosambi/orange) before going for a brisk walk around 7.00 am (during summer - 6.00 am). May take a cup of skimmed milk after vigorous yogic exercises, if suits.

3. **Lunch (10.00 am)**

Take good lunch (light but nutritious), as you need enough energy for working whole day	- salad (consume first) - cooked vegetables - 2 or 3 cups - medium chapati - 2 or 3 or rice (two cups) - yoghurt (dahi) 1 or 2 cups - steamed vegetables or light dal(thin) (1/2 or 1 cup)

Choose your cooking oil from Table IV - OILS AND FATS.

4. **Around 2.00 pm**

2 apples or 2 bananas or 2 pears or some papaya or any other sweet fruit, but one variety only.

5. **Supper (Around 7.00 pm)**

Out of total 1600 calories consumed during the whole day, evening meal should not contain more than 350 calories.	As per your taste and choice but light, e.g. (A) 1 or 2 cooked vegetables - with 1 chapati and 1 cup of yoghurt or (B) 1 cup soup, 1 fruit and raw vegetables or (C) 2 cups of skimmed milk with 1 or 2 bananas or apples or toast or bread slices.

Note:

1. If you have to go out for dinner, take just a cup of skimmed milk or soup or eat some roasted grams or some fruits/vegetables at around 6.00 pm before going. If you take a late evening dinner, drink a glass of lemon juice (juice of 1 lemon in one glass of warm water) the following morning (empty stomach).

2. **Herbs & Spices**
   You may use Asafoetida *(Hing)*, Cloves, Coriander, Garlic, Ginger, *Saunf*, Turmeric, Cumin *(Jeera)*, Cardamom, *Ajwaian*, Pepper, and *Kali Rai*.

3. Bed Tea/Coffee is very harmful. Avoid Tea/ Coffee/Cold drinks, fried items always.

CHAPTER III

ABDOMINAL DISORDERS

(Also constipation and other intestinal problems)

A good reliable set of bowels is worth more to a man han any quantity of brains"

- Henry Wheeler Shaw

We are not what we eat, we are what we don't expel"

- Hugh Romney

Ninety per cent of the health problems and diseases arise from our abdomen through wrong eating habits. Abdomen being the store room maintaining supply ne for the entire body, most health problems can be ept away if we keep our abdomen fit and comfortable which is in our hands - this is the plain truth.

Most diseases like constipation, haemorrhoids (piles), besity, abdominal disorders, ulcers, hiatal hernia, iverticulosis, spastic colon, appendicitis, intestinal roblems etc., being inter-linked, correspond very losely to the amount of fibre and fat in one's choice f food. It is hard to exaggerate the sufferings that ould be prevented which arise out of these diseases only a high-fibre, low-fat diet like sprouts, whole rains, vegetables and fruits is maintained. A diet gh in fibre, and low in fat yields soft, moist, plentiful ools, eliminates the need to strain and is of great elp in preventing and treating these diseases. Meat, sh, eggs and dairy products contain no fibre and are

the most acid-forming of all food items and with hig
fat content. Laxatives are often employed to mov
the bowels when the stools have become hard, bu
in the long run these only make things worse becaus
they irritate the bowel walls. The only answer is
diet low in fat and high in fibre.

INDIGESTION

Apart from the incurable and dreadful diseases, mos
troubles as aforesaid start with the abdomer
Diseases like gastritis, indigestion, constipation, ulce
hepatitis, colitis etc., often arise from an imbalance
diet, irregular and careless eating for taste/show
The digestive organs are teeth, salivary glands, gulle
liver, stomach, pancreas, gall-bladder, small intestin
and large intestine. The process of digestion is: th
teeth break and chew the food with the help of saliva
Then, the food passes through the gullet into th
stomach and then into the small intestine, wher
digestion and absorption of food take place and the
finally to large intestine for elimination of the residu
through rectum. This digestive process is assisted b
many other organs such as liver, pancreas and th
lymphatic system. The kidneys filter the blood
resulting in the formation of urine.

Indigestion is a common complaint amongst the rniddl
and upper classes, while it is much less prevalen
amongst the poor and working classes. The reason
are apparent. When you take rich food, tast
preparations of different types (several items togethe
which you can afford, you certainly get tempted an
eat to your heart's content, not once or for one da
but for as long as you care to indulge yourself. Th
poor cannot afford such excesses. Hence th

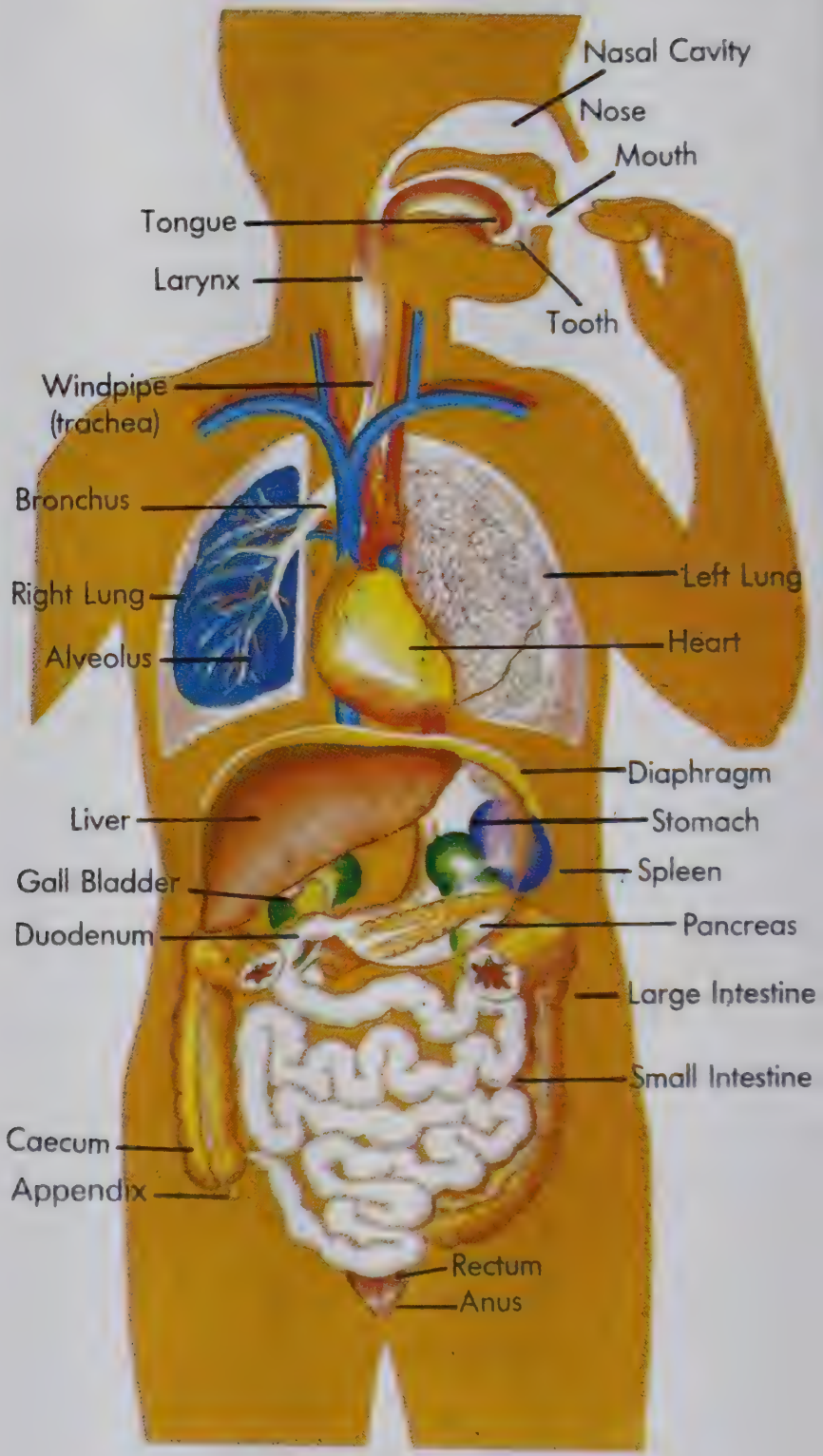
difference. The rich gets the gift of indigestion, ulcers and many other diseases. God is great. If He had provided unlimited digestive power to the rich, they would have consumed all the good food and drinks available in this world. Milk possibly would not have been available, the poor would not get even a drop for their children or for adding to their cup of tea/ coffee or even as a medicine. Other causes of indigestion, apart from over-eating, are drinking water during meals, irregular eating habits, insomnia, emotions such as jealousy, fear, anger etc., lack of exercises and eating fried and heavy food. The barometer for good digestion is that whatever you eat, should be digested without any medicines, antacids or enzyme tablets. See treatment chart.

CONSTIPATION

Constipation is one of the curses of modern civilization. Amongst uncivilized races and in the wild animal kingdom, constipation is unknown. The cause of constipation, simply stated, is disobedience to the natural laws of life. More precisely, it is mainly due to :

1. A constipation causing diet - refined, fried and concentrated food and a diet lacking in rough-age-fibre.
2. Insufficient walking/exercise.
3. Inadequate sleep and relaxation.
4. Fear, worry, anxiety, haste, tension, anger and jealousy.
5. Drinking less water.
6. Consciously trying to control the urge to pass stools due to one reason or the other.

RESPIRATORY AND DIGESTIVE SYSTEMS



All laxatives and purgatives are toxic to the system. They do not act upon the system, instead the system reacts to the drugs and thus the person becomes enslaved to them.

It is rather impossible to cure constipation permanently without resorting to natural food and brisk walk/ vigorous exercises. Natural food and physical activity are the most powerful stimulants for bowel evacuation. If the individual does not exercise but leads a sedentary life, the food does not travel through the digestive tract in the right length of time. Its progress is delayed and by the time it reaches the rectum, all the water is absorbed and the residue is in the form of a dry, sticky mass, very hard to expel.

Lot of roughage and fibre in diet is essential for satisfactory evacuation. It is best to adopt raw food diet - rich in enzymes, roughage, low in protein, starches and fats. Natural laxative food such as fresh uncooked vegetables (lettuce, celery, cauliflower, carrot, cabbage, cucumber and spinach), fruits (grape, lemon, apricot, pears, all berries, plum, fresh fig, cherry, banana, apple, pomegranate, guava, papaya, mango and bael) and molasses etc., are helpful in relieving constipation. Roughage can also be had from wholewheat flour, bran, unpolished rice, fruits, vegetables and wholesome soups. Drink lot of fluids, i.e. 8 to 10 glasses (three litres) of water daily including vegetable and fruit juices. Also take 4 to 6 spoonfuls of roasted gram powder stirred in water or Isabgol with a cup of warm skimmed milk. If constipation still persists, take enema. You may take one glass of carrot-spinach and tomato juice (equal quantity) daily with a lemon squeezed in for some days. Another treatment for constipation is Chinese

water therapy. On rising early in the morning, immediately drink four glasses (1.50 litres) of water for 5-7 days. Also do vigorous exercises.

Some people take hot milk at night as an aid to stimulate-bowel movement the following morning. The aid is not natural, but it does help to some extent and it does some harm also. It is very uncomfortable as it generates gases making sleep difficult in the night. Therefore, it is better to avoid this kind of so called tonic. Instead, you can look at Nature for help. Take some garlic in any form or *Trifala* powder or 2-4 soaked figs or 8-10 soaked *munakka* at night. If still constipated, take about 4 or 6 spoonfuls of roasted gram powder stirred in water a few minutes before dinner and drink a glass or two of water with it. Drink a glass of chilled water before meal. You may also take mud pack and enema occasionally. All these are natural aids for bowel movement, which will help more than a glass of hot milk.

ANO-RECTAL DISEASES

Piles

Most ano-rectal problems arise from faulty eating habits. Individuals not taking enough fibrous food are prone to constipation and therefore, more prone to various ano-rectal problems. Not responding to the natural process of defecation, irregular bowel movements, lack of fluid intake also lead to this problem, besides causing local infections around the anus. Swelling around the anus or formation of a mass in the rectum resulting in piles is common. If the piles are swollen or protruding, hot and cold contrast pad on the rectum/anus should be applied. Keep the anus clean by carefully wiping with damp

tissue. Bed rest helps to reduce both swelling and pain. Avoid straining when passing stools. Eating plenty of fresh fruits, vegetables, whole grain cereals, sprouts (which provide roughage) help get rid of piles. Drink adequate liquids. Avoid tea, coffee, alcohol and spices.

Causes/Symptoms

Piles is a very common ailment. The term 'haemorrhoids' is also used to denote piles. It is not confined to older individuals only, but is prevalent amongst all age groups, even in young children. The symptoms are - appearance of blood in the stools, a lump near the anus and an accompanying pain. Men suffer from this ailment more than women. However, every case of bleeding in the stools need not necessarily be a case of piles. Piles are labelled internal or external depending upon whether they erupt in the mucous-membrane part of the anal canal which is insensitive to pain or the skin-covered part of the anal canal, respectively.

'Nature cure firmly believes that the root cause of piles is ***constipation*** which arises from various reasons, besides bad dietary habits.

Prevention

Diet plays a major role in prevention as well as curing piles. While piles is a common condition affecting the Western population which consumes a diet with low fibre content, it is seen that ethnic Africans who consume a high fibre diet are not prone to this malady. This is one of the reasons why a diet with a high fibre content is generally advocated by Naturopaths as it also avoids constipation. Such a diet consists of

fruits, vegetables, wheat bran, unpolished rice etc. Spicy and fatty food including fried food and rich in calories must be avoided at all costs, as these cause constipation.

Treatment

The treatments for piles are :

01. Naturopathic treatment
02. Medical or non-operative treatment
03. Injection treatment
04. Rubber band ligation
05. Manual anal dilatation (M.A.D.)
06. Cryosurgery
07. Infra-red coagulation
08. Operative-formal haemorrhoidectomy

While for cases of third and fourth degree piles, the only solution lies in a formal operation, called haemorrhoidectomy, in the case of first and second degree piles, Naturopathy works wonders and cure is certain, provided the patient extends full cooperation and adopts the follow-up procedures at home. The treatment part of Naturopathy consists of dietary regimen, hydrotherapy, mud-therapy and yogic exercises. Naturopathic treatment provides relief from constipation and improves the return of blood circulation from pile masses through a cleansing process, i.e.,fasting, enema, rest and intake of 8 to 10 glasses of liquids including lemon water for 5 to 8 days, depending on the condition. Fasting helps in cleansing the blood stream by removing toxins from the blood (toxemia).

As aforesaid, fibrous diet (with roughage) is very important as it makes the stools well formed and does not allow constipation. Besides, treatments like

mud packs, enema, cold hip bath, warm hip bath and ice pack applied to the anus for 3-5 minutes are given to cure piles. Hot (two minutes) and cold (half a minute) pack on the anus (alternate) four times each morning and evening is very useful. Exercises including various yogic *asanas* are also contributing factors in treating piles.

It is important to bear in mind that constipation should be avoided, the habit of sitting on commode every morning be cultivated, practice of applying pressure should be avoided and some sort of exercises like games, brisk walk and Yoga must be made a daily routine. Besides, some oily substance like cream or vaseline be applied intermittently with the finger inside the anus.

Fissures

Fissures are linear tears or cuts in the anal canal and its mucus membrane. People who have tense, sedentary jobs are likely victims of fissures. The problem is often associated with other bowel disorders, such as chronic diarrhoea or severe constipation. Chronic fissures are periodically healed but recur with pain, little pus and sometimes with bleeding as a streak. A small strip of mixed membrane may protrude from the anus forming a nodule called a sentinel pile. The first step in healing the fissure is to cure the constipation as early as possible. Hot and cold contrast pack is a corrective treatment. Avoid irritants, spicy and sour food including pickles and *chutney*. The system should be cleansed thoroughly with fasting and enema followed by daily exercises - either brisk walk or Yoga. Diet must be very light and fat free, but consisting of fibre and roughage.

Fistulae

Fistulae in the anus is a common problem accounting for a quarter of ano-rectal problems. It is generally formed at the outer end of the rectum or anal canal due to infection and spreads to the internal regions of rectum forming a tunnel, through which pus dribbles down resulting in itching, tenderness or pain on bowel movements. Fistulae are generally treated by surgery but in some cases they re-occur in spite of repeated operations. Most of the cases respond to Naturopathy very well with no recurrence thereafter, provided the patient strictly follows the principles of Naturopathy. Treatments, exercises and diet control are to be followed as suggested above.

GASTRITIS

Anything that irritates the stomach may be a cause; over-eating, eating improper food, spicy food, improper combination, swallowing chemicals of any kind. Symptoms are vomitting, pain, nausea, bloating of stomach, coated tongue, bad breath, feeling more thirsty and aversion to food.

Treatment

Nothing should be consumed until the nausea and vomitting subside totally. Sucking on ice cubes may relieve nausea. The bowels should be washed out by enema as long as necessary and may be up to 3 times on the first day. After a couple of days feeding may begin with one cup of naturally sweet buttermilk or juice once in 3 hours if tolerated. For full treatment, consult chart.

GAS FORMATION

Our stomach is a host to a list of complaints. Stomach is a source of energy to our body. It can growl, groan, churn, turn, bloat, burn, ache and even have us double up with a stabbing pain. Some of these are due to formation of gas.

Gastrointestinal gas can be a source of great discomfort to many and may be associated with uneasiness, bloating, nausea, headache, irritability. In extreme cases there may be chest pain (mimicking a heart attack), disturbed sleep, difficulty in breathing etc.

Belching (burping) is usually due to excess air swallowed during eating or drinking. Passage of gas through the anus is called flatus. It is due to indigestion of carbohydrates and cellulose which are acted upon by bacterial flora and fermented. Constipation is a pre- disposing factor in this. The specific cause of passage of malodorous gases is not known.

Gas formation can be avoided by improving the efficiency of the digestive system and by following regulated and appropriate diet, adequate water intake, regular bowel habits and practising yogic *asanas*. Suitability of diet differs from individual to individual depending on various factors, such as nature of work/ duties, heredity, digestive and assimilative capacities, environment, nature in general.

Preventive measures

1. Avoid eating too rapidly and too much or while under emotional strain and drinking large quantities of liquids with meal. Laxatives and purgatives should be avoided.

2. Avoid gas forming food such as:
   (a) Vegetables like cabbage, cauliflower, cucumber, onions, peas and radish.
   (b) Fruits like apple, melon, banana and other fruits which are bitter or sour.
   (c) All types of sour juices, sour buttermilk/ curds, soft drinks, tea and coffee.
   (d) Pulses like *chana* and *rajma*, pickles and spices.
   (e) Off-seasonal vegetables and fruits which are cold stored.
3. Consume non-gas forming food such as:
   (a) All vegetables and fruits having fine fibre.e.g., papaya, sweet mango, mosambi or orange (if not sour), tender carrot and beetroot.
   (b) All vegetables which are tender or well cooked.
   (c) Naturally sweet curds/buttermilk.

Treatment for immediate relief

1. Drink a glass of warm water or cleansing drink (boil 1 cup water, with 1 tsp *saunf*, 1/2 tsp *ajwain*, 10 *pudina* leaves and then add little black salt and juice of 1/2 lemon before drinking) and walk for 5-10 minutes.
2. Lie on abdomen and practise yogic *asanas* pertaining to the abdomen like, *Pavan Muktasana*, *Bhujangasana* and *Vajrasana*. *Kunjal* and *Laghu Shank prakshalana* also help.

For other treatments/yogic *asanas* see chart.

FLATULENCE

Flatulence is a sign of gases stuck in the intestine due to disturbed digestion as a result of habitual eating of unwise food mixtures and combinations, besides sedentary habits and lack of exercises. However, cleansing the gastro intestinal tract of stagnant putrefactive material through enema and fasting for 2-4 days followed by light diet comprising of fruits and vegetables, one can get rid of the trouble. Besides, regular brisk walk or yogic exercises as well as treatments like mud pack, abdomen pack, hot and cold hip bath should be practised in order to correct the function of the digestive organs.

HYPER-ACIDITY

This is a condition which arises in the stomach purely as a result of habitual eating of excessive quantities of refined, fried, starchy, sour and sugary food. When excessive quantities of starchy and sugary food are taken, as they always are in conjunction with protein foods (meat, fish, eggs, cheese etc.), the proteins are digested first while the starchy food (grain, chapati, porridges, rice etc.), is left to ferment and acidify in the stomach before passing on to the intestine for digestion. It is obvious that to try to cure hyper acidity by taking medicines or powders is futile. Such treatment can only aggravate the condition in the long run.

Treatment

Take very soothing and light diet and avoid sour items like lemon, citrus/unripe fruits which irritate. Thorough cleansing of the digestive tract is the first requirement. Besides, consult treatment chart.

ULCER

Ulcer is a condition born out of wrong diet and indigestion. Besides, stress, worry and emotional problems, jealousy, frustration, guilt or loneliness also contribute to ulcers. Stress gives rise to excess acid in the stomach and it is this excess acid that causes ulcer. Symptoms of ulcer are - heart burn, belching, acidity, gnawing, discomfort or pain in the stomach. Diet plays an important role in the treatment of ulcers. Small meal like a cup of chilled milk or naturally sweet juice may be given frequently. No sweet, sour, refined, irritating, bitter, hard and tough food should be given. A soothing diet like tender, soft and well cooked vegetables including potatoes, cabbages, beans and peas should be given. Among fruits, fully ripe banana, apple, melon, mango, *chikku,* papaya and pears are permitted; while sour food and spices are harmful. *Papad, chutney,* pickles, pan masala, betel nuts, tobacco chewing, *zarda,* tea, coffee, beverages, **alcohol and smoking** should be avoided. The stomach must not be kept empty for long.

COLITIS

Colitis is an inflammation of the colon. The colon is the large intestine and is the largest part of the digestive tract. Colitis is of two kinds; ulcerative colitis and mucus colitis. Colitis is caused by several factors like heredity, diet, infection, the immune process, stress and habitual use of purgatives. The symptoms of colitis are frequent excretion of loose and offensive stools containing mucus and traces of blood followed by fever. Discomfort and a sense of fullness are commonly present in the lower part of the abdomen. The discomfort is generally worse after meal and is relieved after passing stools. The treatment lies in

cleansing the entire system, particularly the colon and the whole intestinal tract thereby allowing the inflamed mucus membrane to heal. Then a strict diet of natural foods must be followed. Consult treatment chart.

DYSENTERY

A bacterial infection in the large intestine, bacillary dysentery, is spread by unhygienic sanitary conditions. It is sudden in onset, with diarrhoea, lower abdominal cramps and a feeling of need to pass stool but unable to do so. There may be blood or mucus in stool, loss of appetite and tiredness. If unchecked, the patient progressively becomes weaker and dehydrated. The causes are mainly wrong eating, infection, constipation, fear, stress and anxiety. To treat dysentery, give buttermilk enema, may be 2-3 times during the first day and no food should be taken except a little orange juice or some other fruit juice (non-irritant/sour), sweet buttermilk/curds for at least two days and no starch is to be used for at least a week. Also see treatment chart.

AMOEBIC DYSENTERY

It is caused by the parasite amoeba and hence the name amoebiasis. Transmission of infection occurs by consuming contaminated food and water (hotels/ restaurants are a common source). Person to person contact also results in infection; hence, all members in the house should take adequate care.

In mild to moderate cases, semi-solid stools with a bad odour, mucus (no blood), abdominal cramps, flatulence and fatigue are present. This may occur periodically. In severe cases there is an increased

frequency of stool, with mucus and streaks of blood. Such cases may be fatal.

In longstanding cases of amoebiasis, the parasite may be transported to the liver through the blood stream. This can lead to amoebic liver abscess.

The patient should take raw diet comprising of fruits, vegetables, sprouts, juice and soups, besides buttermilk. The system should be thoroughly cleansed along with prolonged fasting depending upon the severity of the symptoms as explained in the chart. THERE IS ABSOLUTELY NOTHING THAT DRUGS CAN DO. Amoeba (parasite) is to be eliminated through continuous torturing and draining out by means of treatments like cold hip bath, mud pack, abdomen pack, enema followed by vigorous exercises to be continued life long after the cure is achieved. For more information on this subject, please see Chapter II by way of an example.

DIVERTICULITIS

Diverticulitis means inflammation of a diverticulum - a condition in which food residues stay in the large intestine and are turned aside into small pouches which form on the walls of the bowels, resulting in abnormal pressure and distension. The trapped material, later on may ferment and putrefy causing the damaged mucus membranes to become inflamed, leading to diverticulitis. Chronic constipation and a diet lacking in vegetable fibre are the major causes. In Allopathy, the patient is given medicines, pills and tablets liberally and ruthlessly which only suppress the disease while ignoring what is surely self-evident, that pain, discomfort and malfunction are nature's warning signs, pointing out that something is amiss.

Such shortsightedness is akin to switching off a fire alarm and doing nothing about the fire, praying God that fire does not strike.

It must surely be self-evident that a condition such as diverticulitis does not develop suddenly or even in the course of a few months. The human body has a tremendous capacity to withstand abuse and misuse and it has a remarkable ability to adapt its complex functions and systems in order to neutralise the effects of potentially harmful habits and practices.

Treatment is very simple but requires some sacrifice. A short period of fasting, say for 4-6 days, with enema every morning to remove bowel obstructions and relieve congestion followed by a further brief period of dietary restrictions to reduce the inflammation. A coordinated programme of exercises to strengthen the supporting muscles and stimulate the blood and lymph circulatory systems should be followed strictly. Besides, simple treatments such as mud pack, cold hip bath, abdomen pack, rest and relaxation should be taken for about 10 days and thereafter intermittently. Strict diet control and exercises even after cure are a must.

PANCREAS

The pancreas is a very important digestive organ. It works both as an endocrine gland (like the thyroid, adrenal, pituitary glands), secreting hormones directly into the blood stream and also as an exocrine gland like the liver, secreting digestive enzymes through a duct in the small intestine to assist the digestive process.

As an endocrine gland it secretes insulin which regulates the blood sugar. When too much insulin is

produced, it causes low blood sugar or hypoglycemia. When too little insulin is produced, diabetes results. Both these conditions are, to a great extent, influenced by diet. Some people inherit diabetes, while others acquire it.

What we eat and drink in life determines the health of this gland. High consumption of sugar, sugar-based products and refined starches put stress on the insulin producing cells which first over-stimulate them (leading to low blood sugar) and if continued over a long period of time, exhaust them (leading to high blood sugar). Diabetes is the final outcome. Over-eating in general, a common problem mentioned in earlier chapters, also exerts strain on the digestive function of the pancreas.

There are several digestive enzymes secreted by the pancreas to assist the small intestine in breaking down starches, fats and proteins. Eating less, avoiding sugar and eating natural "complex carbohydrates" ensure a healthy pancreatic function.

DIABETES MELLITUS

Symptoms are : Exhaustion or feeling of weakness, excessive thirst, increased frequency of urination, excessive hunger, slow healing wounds and boils.

Due to deficiency of insulin secretion or reduction in its biological effectiveness, there is increased concentration of glucose in the blood stream. This condition is known as diabetes mellitus. Diabetes is a failure of the body's energy-regulating system and it affects every part of the body. The normal blood sugar range is - fasting 90-110 and PP (after meal) 120-160 mg per 100 ml. Heredity, overweight,

irregular diet patterns and stress are the contributing factors for diabetes. Exercises decrease insulin requirements of a diabetic. By avoiding sugar intake and with regular brisk walk and consumption of not more than 1500 calories a day, many diabetics can effectively control blood sugar levels within the safer limits. Eat more natural fibre-rich food, low in fats and proteins. Use whole grain products, potatoes, pulses, salads, sprouts and vegetables. On rising in the morning, take one teaspoonful of broken fenugreek granules *(methi dana)* with water, not in powder form. Avoid refined and processed food. For treatment particulars - consult chart.

LIVER

Liver is a very tough organ and it has two and half times the capacity than what we normally need. It is damaged only when excessively overloaded or affected through alcoholic indulgence, etc. The liver's best known function is secretion of bile which is indispensable for the emulsification and digestion of fats. It also produces enzymes, which control a large number of chemical processes that go on in the body.It is the major detoxifying organ. Consumption of alcohol over a long period does great harm and may lead to Cirrhosis of the liver. Too much food also harm the liver cells. Excessive eating, drinking and drugs have probably caused far more casualties among human beings than all the bullets and bayonets of our civilization. **Eating less never causes harm, but only does good.** Two common causes of death in many diseases are liver and kidney failure. The body is increasingly unable to excrete waste materials and toxins adequately. Naturopathy uses intensive detoxification to eliminate wastes and toxins and to

help regenerate the liver. For treatment please see chart.

JAUNDICE - HEPATITIS

Jaundice is actually not a disease, but a symptom and sign of underlying diseases - viral hepatitis (infectious or serum), gall stones, cirrhosis of the liver, alcoholic hepatitis, cancer of the bile duct, tumours of the pancreas and even drug reactions.

Infective hepatitis or viral hepatitis is the commonest cause of jaundice. Contaminated water/food is a source of infection, spreading the virus that is responsible for the problem. The patient has fever, nausea, vomitting, loss of appetite, discomfort in the upper abdomen, yellowish discoloration of the eyes, tongue and skin. The liver is enlarged. Inadequate treatment leads to chronic liver disease.

Adequate sanitary measures for those coming in contact with the patient are necessary. (e.g..washing hands after handling contaminated clothes, utensils etc.,) to prevent spread of infection. The remedial measures are to improve the hygienic conditions and pure potable water to be made available along with complete bed rest for 4-6 weeks. No alcohol, smoking, drugs or heavy diet. Consume sugarcane juice liberally. The incubation period varies from 4-6 weeks. See treatment chart.

OBESITY

Obesity, which is defined as generalised accumulation of excess fat in the body, invites disability, diseases and premature death. Excess fat is as much a physical hindrance as carrying a load of the same weight day and night. Life expectancy diminishes

with excess weight. Life insurance statistics bear out the fact that an extra inch at the waist line is a year less of the lifeline. [See TABLE II - HEIGHT-WEIGHT TABLE]. Many diseases are much more common in obese individuals - two most well known among them being diabetes and high blood pressure that lead to a greater risk of cardiac/kidney failure. In addition, obese individuals are more liable to have swelling in the leg veins, pain in weight-bearing joints, premature onset of arthritis and poor balance, with the accompanying risk of falling down and breaking bones.

Obesity, obviously, is a curse and a serious disease by itself. If you don't modify your life style and choose the right food on a regular basis, the weight you lose on any diet will come right back. Almost 70 per cent of those who diet, regain their lost weight within a year, and have to diet all over again. Constant losing and gaining of weight in the battle of bulge is frustrating and demoralising. It often leaves serious psychological scars. You can help yourself to be fit and not fat by:

— replacing animal fats with vegetable fats.
— replacing full cream milk with dry or fresh skimmed milk.
— replacing hard cheese with cottage cheese.
— replacing blended oils/ghee/butter with vegetable oils like sunflower, safflower and corn oil.
— replacing frying with grilling.
— replacing roasting and stuffing with baking, steaming and boiling.
— replacing cream with yoghurt.

Also see treatment chart on the last pages.

CHAPTER IV

HEADACHE AND MIGRAINE

Headache is a common symptom of various disorders and is not a disease by itself. Headache often goes unchecked and without treatment as it is regarded by the patient as an inherent part of the body pattern. The patient takes it for granted that though there may be relief, there can never be a cure for headache, which is a fallacy. A headache could result from an organic disease or from a referred pain of focal infection. It could also occur when there is no organic disease. Causes could be high or low blood pressure, trauma or head injury, fever, anaemia, wrong dietary habits, over-eating or fasting, lack of sleep, poor ventilation, tension, worry etc.,

Migraine is a common form of headache and is a symptom of deep lying disturbance. The patient experiences an intense throbbing pain, often only on one side of the head, which increases with movement of the head. It may be associated with nausea and vomitting, disturbances in vision, hearing, speech and sensation. It is more common in women. Emotional stress, lack of sleep, exposure to intense cold or heat, food items like cheese, chocolate and coffee, intake of oral contraceptive pills etc., may predispose to an attack.

It is now known that it happens due to a disturbance in the blood flow of the arteries in the head; though why this occurs is still a question for medical practitioners. According to Naturopathy, digestive disturbances play a major role. Improper digestion and accumulation of wastes, result in toxins entering

the blood stream. These may reach the arteries of the brain, thus causing alteration in the blood flow.

Naturopathy has a varied approach. Instead of depending upon sedatives, pain killers and tranquillisers, it would be better to depend on physical measures to decongest the brain like bowel elimination, warm applications to nape of the neck and feet, stomach wash etc. Most important is to avoid physical/mental strain and adopting the right type of diet (see chart).

Treatment

1. Do *Kunjal* on empty stomach followed by enema, if constipated.
2. Hot foot bath and fomantation to neck which relieves congestion of the arteries of the brain.
3. Fasting - with only liquids, specially citrus fruit juices for 2-3 days and adequate water intake.
4. Rest in a quiet, well ventilated, dark room.

Long term measures are important as they can prevent untold suffering. Regulation of eating habits, regular *asanas* and *pranayama* and relaxation techniques *(Yoganidra is best) are necessary.*

CHAPTER V

CARDIAC DISEASES

HYPERTENSION

Hypertension (HBP) has become one of the commonest diseases, and is a great danger to life. According to one survey, 20 per cent of the adult population has hypertension. The blood vessels thicken, lose their elasticity and the heart has to pump harder to maintain the blood circulation. Thus, it gets over-strained. If the person is obese, the heart works under greater pressure. High blood cholesterol and triglycerides are other sources of strain on the heart. Consequently, with the arteries becoming narrower, the blood supply to the heart gets reduced and result in heart attack or cardiac arrest. Blood pressure varies according to age, sex, muscular development, attitude etc., though 120/80 mm/Hg is generally taken as normal, in some cases 140/90 mm/Hg is also considered normal. The lower the better. Some of the causes are - heredity, smoking, worry, anxiety, obesity, mental or emotional stress, tension, alcohol and taking too much salt and sugar.

Measures to overcome

A balanced vegetarian diet with less salt, sugar and saturated fats, relaxation, exercises/Yoga and brisk walk help enormously. Avoid smoking, tea, coffee, *zarda,* tobacco and alcohol. Lose excess weight, eat natural food (low in fats, salt and sugar) such as fruits, vegetables, cereals, sprouts etc., and walk briskly for 40 to 60 minutes daily. Salt is an enemy.

Garlic is very good for lowering blood pressure. Also drink plenty of water/juice (8 to 10 glasses) daily. A minimum of 7-8 hours of good sleep and complete rest from official work for one whole day in a week, besides occasional vacations are a must. Different yogic techniques can help reduce hypertension, especially *Shavasana*, *Chittashuddhi* and *Yoganidra* which provide great relaxation and help reduce the high blood pressure.

BLOOD CHOLESTEROL

Cholesterol (a waxy substance) - is both a hero and a villain. While we cannot live without it, in excessive amount it becomes a serious threat, and often an outright killer.

The term lipid refers to fat in the body and lipoprotein is a fat transported by protein. The primary kinds of lipids in the blood are cholesterol, phospholipids and triglycerides. Within the category of cholesterol we have two major types, the bad cholesterol known as Low Density Lipoprotein (LDL) and the good cholesterol known as High Density Lipoprotein (HDL). Studies show that a diet high in saturated fat may actually override the effects of drugs used to lower cholesterol levels. Therefore, without dietary modifications, it is impossible to effectively control hyper-lipidemia, a condition where the level of total lipids rises beyond the normal limits. Naturopathy comes in with the concept of dietary modification and results are excellent where the control is total.

A diet high in saturated fat and cholesterol, like that eaten by most Americans and West Europeans raises the blood cholesterol. The higher the blood cholesterol level, the greater the risk of heart attacks.

With the deposition of cholesterol, the artery becomes narrow, like old water pipelines with salt deposits inside. This process is known as atherosclerosis. If your blood cholesterol is 230mg/dl (milligrams per deciliter) or higher, you should take steps to bring it down with doctor's advice. Saturated fat is usually hard at room temperature. Major sources of saturated fat in different oils are given in the table on subsequent pages. Choose your favourite oil among the poly-unsaturated fats from Table IV OILS AND FATS e.g. Safflower or sunflower oil is the best. Blood cholesterol can be reduced by dietary changes, drinking enough water and regular exercises. For the obese, the diet must be such that it is low in calories, but provide enough of essential nutrients. Avoid refined food, all animal products (meat, sausages, eggs, liver), dairy products (except non-fat products), eat plenty of unrefined starchy food, fresh food and vegetables which are rich in fibre. The nutrition experts advocate a high-fibre and low-fat diet for lowering the blood cholesterol and trygliceride levels. Gram, *moong,* whole grain, cereals, carrots, white raw onion, garlic, yoghurt, soya flour, grapefruit juice, butter milk, coconut water, *dhaniya* and barley water, leafy vegetables etc., among Indian food items, are rich in fibre. They reduce the harmful low-density lipoprotein (LDL) cholesterol, which clogs the arteries. A regular exercise programme can further help in lowering your blood cholesterol to some extent. At the same time, it may improve the high density lipoprotein (HDL) portion of your cholesterol, which appears protective.

Very low cholesterol levels may cause death due to other reasons like cancer, liver and lung diseases. Studies have shown that people with high cholesterol

die of heart diseases and strokes, but an equal number of them die due to very low cholesterol levels. The average cholesterol level should be 200 mg/dl, though in the range of 180 to 230 mg/dl is considered to be normal. A cholesterol level of 260 mg/dl and above is considered high and less than 150 mg/dl is considered very low which is as dangerous as high.

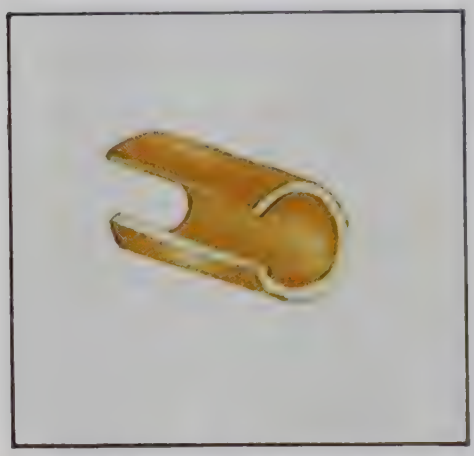
HEART ATTACK

Our heart is the most hard working organ of the body. It beats almost a lakh times, pumping over 7,000 litres of blood everyday. It beats at an average rate of 72 per minute. The heart is truly a living pump.

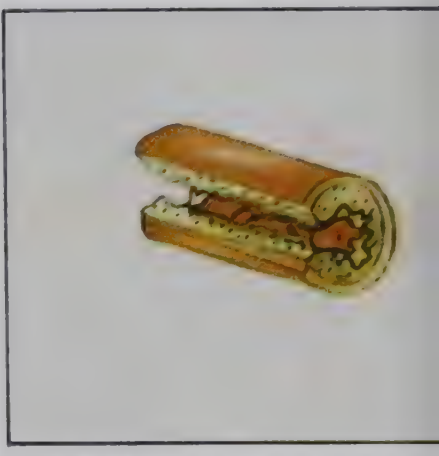
There are various types of heart diseases and the patient must consult his cardiologist immediately if he feels any symptom. One common cause of heart disease is **atherosclerosis** which signifies thickening, hardening and narrowing of the arteries. Major risk factors for atherosclerosis are - diabetes, mental tension, emotional stress, hypertension, high cholesterol, smoking, drinking less water, heredity, obesity, lack of exercises, high uric acid level, alcohol consumption and eating too much fat like ghee, butter, meat etc. This can lead to angina, heart attack, stroke and sudden death.

Atherosclerosis is often referred to in common speech as 'hardening of the arteries' and although this is an entirely inaccurate way of describing what happens, 'narrowing of the arteries' would be a better catch-phrase though this term also is less than accurate. Atherosclerosis is the disease by which arteries gradually accumulate fat deposits on their inner walls

- thus reducing the openings through which blood can flow. The foreign deposits which adhere to the inner walls of the arteries are called 'Atheromas' or 'plaques'.



HEALTHY ARTERY



ATHEROSCLEROSIS

Prevention

Fortunately, the majority of risk factors in heart diseases are controllable.You can modify your cholesterol, blood pressure, triglyceride, obesity and diabetes simply by changing your diet. You can control or learn to cope with stress, give up smoking and drinking alcohol and start a rational programme of daily physical activity. Well, some cynics may ask 'What kind of life is that? Why should I have to invite so many restrictions?' In fact, these measures can dramatically improve your chances of avoiding atherosclerosis related diseases. You can clean out your arteries, prevent death by atherosclerosis and extend your active, productive years. You can eliminate your risk factors, no matter how old you are, often in just a few weeks. People who are doing this are happy and feel good and are leading busy and fulfilling lives. So take proper care of your heart. It is in your hands.

(a) Reduce fats, starch, salt, sugar and high proteins. Avoid smoking, alcohol, meat, eggs, mental tension, stress and physical inactivity. Keep your blood pressure, diabetes, obesity, uric acid and cholesterol under control with the help of nature. It is never too late to avoid/control these factors, **even after a heart attack.**

(b) A very strict diet control must be maintained. Light protein and roughage rich diet like soup, vegetables, fruits, sprouts, buttermilk, juices, skimmed milk and yoghurt should be taken. Bottlegourd (ghia) is highly beneficial and should be taken liberally. Supper should be early, very light and non-gas forming so that no complication takes place at night and sound sleep is ensured.

(c) Have a complete and thorough check up periodically and take prompt follow up action.

(d) Many doctors consider exercise and brisk walk as the most important factors for survival. Regular and vigorous exercise is probably the best preventive measure against a heart attack and stroke. Exercise strengthens the heart. But before commencing, consult your physician.

STROKE

The brain is a wonderful organ; it starts working the moment you wake up in the morning, and does not stop until you get into the bed.

The functional failure of the brain is a serious matter. Strokes, like heart attacks, often occur with no prior warning and like heart attacks, often kill. For just as atherosclerotic deposits in the arteries feeding the heart set the stage for heart attacks, such deposits

in the arteries feeding the brain set the stage for cerebral strokes. And just as the affected part of the heart dies when its blood supply becomes blocked, so also the affected part of the brain dies when its blood supply is cut off by arterial blockage. As with the heart, this can only occur when the arteries have become hardened, narrowed and encrusted with atherosclerosis.

Stroke is a neurological disorder due to a pathogenic process in the blood vessel. The delicate blood vessels of the brain may be damaged in several ways. With age, the arteries thicken, thereby losing their elasticity and lumen. Gradually this may lead to clot formation in the blood vessels, which obstructs the blood supply to the brain cells. Stroke is caused generally due to high blood pressure but there may be some other factors like tumour or clotted blood/ defect in the blood vessels of the brain. High blood pressure is the single most important risk factor for stroke. When some of the symptoms are acute in condition, the patient becomes unconscious and as he recovers, he finds one half of his body or some parts have been affected by paralysis and he may be unable to move his arm/leg or both on the affected side. He may find his speech slurred because of the damages done to the nerves of the facial muscles and tongue. If severe enough, death may occur.

With each passing year, more and more of the most respected medical organisations in the world have come to the same conclusion: diet high in saturated fat and cholesterol raises, cholesterol level in the blood, produces atherosclerosis and leads directly to heart disease and strokes. Diet low in saturated fat and cholesterol lowers its level in the blood,

decreases atherosclerosis, and eliminates the likelihood of heart disease and strokes.

As a preventive measure one should have regular check-up and keep one's weight, blood pressure, cholesterol level and blood sugar under control by proper diet/exercise programme. Follow **GUIDELINES FOR HEALTHY LIVING**. Salt is an enemy, if taken in excess. (Salt in moderation is essential for survival, as evolutionarily, the life is derived from the sea which is salty).

TENSION AND STRESS

Tension in today's world is as rampant as the common cold. It leads to hypertension and other diseases like heart attack, strokes, ulcers, asthma, pain at the back of the neck (spondylosis), shoulders and also lower backaches, migraines, insomnia etc.

A certain amount of stress is desirable to give us the required stimulation and motivation. Too much stress, however, affects our well being and health as enumerated above. It also affects our everyday performance and outward social behaviour adversely. Stress reduces the capacity to enjoy the life. It makes one tired, lifeless and disinterested in things.

The causes of stress are many but the single most important cause is lack of proper rest due to overwork. Symptoms like increased tension, irritability and moodiness may appear, accompanied with lack of appetite and weight loss. If such signs of stress are noticed or are pointed out by well wishers, one must pay heed to it, otherwise there is a risk of stress increasing beyond control, leading to nervous breakdown.

But there are ways of combating this nuisance. Sleep and relaxation are important means of reducing stress.

Billions of cells in our body get complete rest and are fully relaxed when we are asleep. Other methods of relaxation are through yogic *asanas* and *pranayama*. *Shavasana* and *Yoganidra* are the best forms of relaxation.

Exercise is also a useful method of overcoming stress. It induces stress-coping abilities and tends to boost self-esteem. Psychologists have established that people with high feelings of self-esteem tend to be happy and well adjusted, apparently well equipped to deal with stress. Exercises chosen should be pleasing, such as games, swimming, brisk walk, Yoga and gymnasium.

Diet also plays an important role in fighting stress. Eat a soothing diet rich in lecithin such as banana, grapes, yoghurt, sprouts and soyabeans. Sprouts are wholesome food rich in all vitamins, minerals, enzymes, carbohydrates and light protein.

Above all, develop patience and learn to hold your temper. Whosoever loses temper, loses the case. Have a positive attitude at all times. Rest, relaxation, laughter and 7-8 hours of sound sleep are a must to combat tension/stress.

SLEEP AND INSOMNIA

Of all the different kinds of relaxations sought and discovered by man, sleep still remains the single-most guaranteed method of obtaining maximum and complete mental and physical rest for the body.

Sleep not only helps regain used up energies but also gives rest to the strained muscles and nerves.

The normal period of sleep required for a healthy human being is between 7-8 hours a day.

God has bestowed night for sleep which is one of the most important necessities of life. There are billions of cells in our body and brain which require rest for relaxation and vitality. These cells, if not given enough rest, will tire themselves out and become less functional, thus creating various other complications. Proper and deep sleep is also essential for rejuvenation of the heart's muscles that tire during the day's hard work. The better you sleep, more the rest these cells and tissues get and they perform better by making the body more competent to resist the day long activities tirelessly. An undisturbed sound sleep enhances the quality of sleep and hence its benefits.

There is no substitute for physical exercise, because exhausting the body in a controlled way relaxes the mind and is conducive to sound sleep in the natural way. Cross ventilation in the bedroom is also very important for ensuring sound sleep.

Insomnia means advanced stage of sleeplessness wherein the more you try to sleep, the more sleepless you become.

A highly effective drug, the sleeping pill, given in the recommended dose will provide sleep but is often followed by various problems, as it forcibly sedates the nervous system. Hence, tranquillisers are not the answer to tension, worry, anxiety, sleeplessness or even insomnia. The answer lies in changing the habits and way of life which are responsible for these troubles.

Sleeplessness may be due to a number of reasons such as stress, anxiety, pre-occupation or any form of altered mental activity. A continued lack of sleep

may also lead to depression, nervous disorders and cardiac complaints. This is the state of transient insomnia which lasts for a few nights. This may later on lead to chronic insomnia which is a serious disorder affecting normal behaviour and work performance.

Measures for sound sleep before going to bed are:

(a) Take hot foot immersion bath for 20 minutes (after drinking a glass of cold water).

(b) Do deep breathing for 10 minutes.

(c) Resort to relaxation techniques like *Yoganidra* and Meditation.

(d Read light literature like magazines.

(e) Avoid heavy meal and late dinner.

(f) Take light supper three hours before going to bed.

(g) Stroll for a few minutes in open air after dinner.

(h) Do not make forced effort to sleep but relax.

(i) Drink a cup of hot water.

Apart from the above suggestions, the patient has to undergo Naturopathic treatments as suggested in the chart.

CHAPTER VI

RESPIRATORY DISEASES

COMMON COLD

The common cold is an infection of the upper respiratory tract caused by a filterable virus and is defined as acute nasal catarrh or acute rhinitis. The cold usually commences with a running nose, sneezing, watering of eyes, chills, headache, body pain and when accompanied with cough, fever and muscular pains, it takes the turn to flu. The cold virus enters through the nose either directly or via rubbing the eyes. Virus infected fingers in the nose or eyes readily transplant infectious agents. The virus is present in the infected person's nasal discharge or in his sneeze or cough. Handkerchief, pencils, staircase railings, telephone receivers, hand shaking and so on get contaminated with the shedder's virus-laden mucus. Thus, others who come in contact with these droppings get the gift of infection. It only makes common sense that allergens such as dust, fumes, chemicals, drugs, cosmetics, perfumes, varnish, paints, smoke, pollution etc., be eliminated, but if the body is not strengthened, the individual will become allergic to other agents.

Causes

Low resistance to infection is often caused by:

(a) poor and unbalanced diet and deficiency of certain nutrients, particularly Vitamin C

(b) ignoring the importance of daily normal bowel movement

(c) spasm or congestion of intestines and constipation due to stress, bad food etc.,

(d) toxic or irritating smell of paints, cosmetics etc.,

(e) cooking spices, perfumes, pollens, dust, infection from others suffering from cold, toxins accumulated in the system

(f) over consumption of so called good food and taking lots of tea, coffee, medicines

(g) living in a highly polluted locality, poor ventilation, lack of exercises, insufficient sleep, sexual excesses, impure air, polluted water, excessive work, strain, worries or other mental factors, all of which add their quota to our adverse living conditions.

According to the views of the author, cold is not a disease but it is a **healing crisis** - when toxins are accumulated in the body, these find some outlets in the form of cold and fever which serve as safety valves and enable the body cleanse itself when the toxin accumulations have exceeded the point of tolerance. As the cold constitutes the curative process, it would be wrong to attempt to suppress or abort it and stop the body from doing what it wants to do and needs to do. So it is a mistake to look upon the cold as something harmful, instead it should be recognised as a healing effort on the part of the body. It is only when the workload is too great for vital organs like the stomach, lungs and kidneys that nature uses the cold as a safety valve.

Treatment

Fortunately, the treatment is quite simple and costs nothing. It does entail the exercise of a little **WILL**

POWER and intelligence, but surely that is not asking for too much. If the person wants to get well, a little sacrifice is a small price to pay for relief. The most important factors in preventing cold or reducing its severity are fasting, enema, diet and yogic *kriyas* plus exercises - all of which can be learnt by anyone very easily. Natural living habits are the best guarantee for good health and of course, freedom from cold. Every time if cold is suppressed unnaturally like with medicines etc., it inevitably leads to serious illness. If we suppress this, where does the accumulated harmful material (which is being expelled) go? Obviously, it will be driven into glands, muscles, joints and organs or retained in the body to play havoc again. So it is entirely justifiable to say that safety valves should not be closed or blocked by suppressing colds.

The prevention and cure is simple living based on natural laws as explained below :

(a) Fasting and enema should be taken up intermittently, besides vigorous exercises and yogic kriyas. Sufficient sleep and rest/relaxation are fundamental to a high degree of resistance to infection.

(b) Eat less and cut down on starchy food, tea, coffee, fried and fatty food. Cultivate the habit of eating vegetables, fruits, cereals, sprouts and drinking juice and soups which will provide sufficient nutrition (minerals and vitamins, particularly A & C) - Such a diet will move your bowels freely and regularly.

Specific treatments (see chart at the end of the book)

(a) *Kunjal (Vaman Dhauti)* followed by *Jalaneti* - daily for 3 to 4 days and thereafter to continue *Jalaneti* only for another 15 to 20 days and *Kunjal* once or twice a week. Immediately after *Jalaneti,* do *Kapal Bhati* followed by steam inhalation, *Bhastrika* and then put medically prepared ghee drops in each of the nostrils. Then cover with a four-fold towel for two minutes followed by vigorous yogic exercises.

(b) Throat packs provide relief for cold when accompanied with sore throat.

Diet

Diet should be light, nutritious and well balanced. ***Avoid fried food, milk and milk products*** in any form for 15 to 20 days totally. Eat light dinner by 7.00 pm. Avoid all refrigerated items including water. Avoid ice cream, soft drinks, overloading the stomach with sweet dishes at night time, dust, fumes, pollution, air-conditioning, smell of varnish, paints, spray, perfumes, smoke etc. Take garlic, *tulsi* water, black pepper, *silajeet,* ginger, dates, figs, munakka, *rajma,* soya, carrot, sesame seeds, gram, Vitamin C 1000 mg to 2000 mg daily.

General hints

(a) Wear socks and shoes and not chappals. Cut/ clean nails.

(b) Wear sweater and muffler rolling it around the neck and covering the chest.

(c) Take minimum 8 glasses of water/liquids including 4 glasses of lemon water daily (lemon water during treatment period only).

(d) Rest more and work less for at least one week.

(e) Have sound sleep of 7 to 8 hours daily.

(f) Expose the body to sunlight and fresh air breathing deeply every day.

(g) Bowels must be cleared every morning.

(h) Take plenty of enzyme rich foods (papaya, tomato, carrots, spinach), fibre, roughage (whole wheat flour, lots of vegetables, soups, fruit juices, fruits etc.), besides the following items :

Soya, *rajma,* potato, cabbage, dry fruits, pears, whole grain bread, ***raisins, figs, munakka, apricot, dates, garlic,*** ajwaian, ***molasses,*** honey, tomato, apple, guava, grapes, lemon, citrus fruits, ***raspberry, chulai,*** fenugreek (methi), ***amla, carrot,*** spinach, bhindi, peas, ***sesame seed, gram (chana).***

Medium of cooking may be ***soya oil*** mixed with ***safflower oil*** in equal quantity.

The best items are those shown in bold letters.

SINUSITIS

Sinusitis is an inflammation of the Para Nasal Sinuses (PNS). The PNS are small air cavities in the bones around the nose, which communicate with the nose. Infections of the nose, mouth, teeth, throat, tonsils can cause sinusitis. Other factors are - swimming in infected water, low general health, exposure to cold, fatigue and tooth extraction. Inhalation of irritants like pungent vapours, dust may also play a role.

There is irritation of the mucous membrane, increasing its secretion and causing swelling. This tends to block the aperture (opening) of the sinuses, thus reducing drainage. Thus, there is pain over the areas

of the sinuses, cheeks, forehead, temples. There may be fever, yellowish green discharge from the nose. If not treated properly, it may become a chronic condition.

The complications of sinusitis are infection of the eye, of the middle ear, meningitis, brain or lung abscess, bronchitis, pharyngitis, laryngitis etc.

Treatment

In such acute diseases/reactions, nature tries to convey the message as to what we should do at the stages of inflammation and fever. Many will wonder why fasting, particularly in fever or inflammation or in digestive disturbances is so beneficial. The reason is that during such times (which Naturopaths have been accustomed to term 'healing crisis'), the bio-chemical and circulating forces of the body are mobilised and directed to the task of cleansing the tissues and detoxication, eliminating the morbid wastes. The rise in body temperature produces well known thermo-chemical effect, increasing the rate of our internal chemical reactions - in effect, burning up the rubbish. Two of the worst enemies of the sinus sufferers are refined white sugar and salt. Avoid these at all costs. Adopt all the measures suggested under common cold but more vigorously and try to be on mono-diet and water for as long as possible, at least for 7 days. In other words, take one variety of fruit, preferably papaya 4 or 5 times during the day and drink lots of water and nothing else.

BRONCHITIS

A neglected or untreated cold and sinusitis often develop into an acute bronchitis which gives rise to

high fever, cough and difficulty in breathing. The bronchial tubes get congested and irritated requiring longer period for healing. The procedure and treatments suggested under common cold apply here also but should be pursued under the guidance of a Naturopath. Ignoring it or giving incomplete treatment may lead to chronic bronchitis and other complications. Hot foot and arm bath besides chest pack twice daily for 2-3 weeks, breathing exercises and strict diet control, fasting, enema etc., are very essential.

ASTHMA

Asthma is a common respiratory ailment. There is difficulty in breathing, wheezing and a feeling of tightness in the chest. Cough may be present. The duration of attack may vary from hours to days. In between attacks, the patient is usually normal. Irritants like dust and smoke, respiratory infections, physical exertion, change in weather, cold or humid weather and emotional stress can trigger attacks of Asthma. Very obviously, smoking and air pollution are harbingers of suffering to most asthmatics. There is a family history of asthma/allergy in a number of cases. Constipation and indigestion can play havoc with an asthmatic's system.

Asthma, though dreadful, is never fatal. However, the suffering of the patient calls for immediate measures for relief.

In fact, there seems no permanent cure for asthma in the world. Using drugs is not the real answer. For long term relief or cure the sufferers should follow the principles of Nature Cure and Yoga. The treatments, diet, exercises and yogic kriyas and *pranayama* are

advised in the chart at the end of this book. Eliminate from the diet, allergic food, such as all dairy products, chocolates, fish, tomatoes, citrus fruits, banana, guava, grapes, fried and heavy food. Cut out all irritants like tea, coffee, spices, alcohol, tobacco, salt, sugar, vinegar etc. Take a light, nutritious and balanced diet rich in fibre/roughage, low in protein and fat comprising of vegetables, fruits, sprouts, eating little at a time but more frequently - also drink a lot of water. Avoid sweets, fried and spicy food, sour preparations including *chutneys*, pickles etc. Evening supper should be very very light and at least two and a half hours before going to bed so as to enjoy a good sleep. Besides, learn the technique of overcoming stress. *Shavasana* or *Yoganindra* is a very good relaxant. Also learn and practice various yogic *asanas, kriyas* and *pranayamas* every morning after undergoing Nature Cure treatments so as to say good bye to asthma. Swimming is the best exercise to prevent asthma.

CHAPTER VII

ARTHRITIS/RHEUMATISM

(Also Cervical and Lumbar Spondylosis, Sciatica and Gout)

By far the most crippling disease is arthritis, which is supposed to be incurable. Today, the faculty of medicine has further worsened the situation by its indiscriminate use of drugs. However, arthritis can be safely, gradually and progressively controlled and ultimately cured through a strict diet regimen, passive exercises and some treatments without using medicines under the guidance of Naturopaths.

There are several types of arthritis like osteo arthritis, rheumatoid arthritis, gout, Systemic lupus erythematosus (SLE) and ankylosing spondylitis. Diet has a major role to play in these crippling diseases. A diet very low in saturated fat, low in protein, high in fibre and without any cholesterol would be the best for prevention of arthritis and is an important element in its treatment. Kidney and gall stones can also be prevented with this diet. Dairy products are injurious to arthritic patients. Gout is a hereditary disease, but is also caused by certain food items resulting in the formation of excess uric acid.

SPONDYLOSIS

Ankylosing Spondylitis and Cervical Spondylosis (CS)

Ankylosing Spondylitis is a type of chronic inflammatory arthritis. It usually affects the spine

causing joints to fuse by an unusual process of bone formation. The onset of the symptom is gradual over a period of months or years with repeated attacks of low back pain and stiffness. Sometimes the pain radiates to the buttocks or thighs. Characteristically the symptoms are worse in the morning following inactivity. The patient may also have stiff painful hips and a general feeling of stiffness in the spine. As it worsens, the entire spine may be involved, including neck. Restriction of movements of the back may be severe and in some cases, respiration may also be hampered.

Unlimited pain killers are given, but these only make the condition worse. The patient needs restoration of mobility and also correction of any misalignment. Some of the many causes of CS are sedentary living, using high pillows, wrong postures, eating rich food including refined stuff, sweets, ghee, fried food, drinking alcohol, beverages, having tension, stress, working long hours with neck kept in the downward position, taking lot of medicines including pain killers when *level of uric acid is increased and doing wrong exercises/Yoga*. It is advisable to wear a neck collar, apply some ointment, have fomentation - subject to your doctor's advice. Keep neck and shoulders warm (covered with a muffler or shawl). For treatment, see chart. Learn suitable exercises from an expert and if you practise daily, you will be able to control this nuisance. Similarly, pain of the lumbar region can be controlled with proper exercises.

Back Pain

The low back area is highly strained as it has to bear the weight of the whole upper body. Discs situated between the vertebrae are made of a jelly-like

substance and are strong structures. Degenerative changes occur gradually and naturally as you get older. Everyone over the age of fifty has changes of natural wear and tear, changes in the spine and discs become thinner and less flexible. These changes are irreversible. Back pain is generally due to inflammation of the joints, faulty posture and spinal diseases such as - osteo arthritis, prolapsed intervertebral discs, spondylosis, spondylolisthesis and renal stenosis.

Prevention/Treatment

(a) REST - allows the body to heal itself, the mind and emotions to calm down, the muscles to relax and to some degree allows the inflammation in the tissues to subside.

(b) RELAXATION - eases tension in the body muscles, quietens the mind and allows mind and the body to heal. Meditation is best.

(c) HEAT - causes the small blood vessels and capillaries to dilate thus increasing the flow of blood (circulation of blood). Muscles respond best to this treatment, as the application of heat improves the flow of blood, relieves the pain/ spasm and relaxes the muscles. A hot bath, sauna or a hot water shower on the aching area can relax spasm and muscle pain. You can also use a hot water bottle or an electric heat pad or infra-red lamps on the area of pain for 10-15 minutes. You can also utilise your own body heat by wrapping a scarf around the neck and a piece of woollen cloth around the waist to ease the ache.

Heat should be applied generally at least twice a day; four times a day would be more preferable. Deep heat treatment is also provided by microwave diathermy and ultra-sound therapy which are safe and very effective, but should be taken under expert guidance. Hot and cold contrast treatment is the best pain reliever - apply a towel squeezed in hot water for two minutes; then immediately another towel squeezed in chilled water for half a minute - each application four times and finally end with the hot towel for one minute. Ice pack is useful immediately after an injury, such as a bruise or an over stretched ligament, blow or a fall to prevent too much inflammation and swelling. It must be applied for 2 to 3 minutes only.

(d) MASSAGE - removes muscular tension and spasm, relieves pain, breaks down the stringent inelastic muscular fibres, stimulates the larger nerve fibres in muscles which travel to the spinal cord and soothes the mind and emotions. Massage also helps relax the skeletal muscles of the human body.

(e) APPLICATION - of irritant rubs, heat creams that stimulate the nerves, also irritant poultices such as mustard poultice helps greatly. Pain killers like aspirin can help temporarily and should be taken only if the pain is severe and unbearable.

(f) EXERCISES - stretching and other relevant exercises must be learnt under expert guidance and done daily. The best all round exercise is **swimming,** particularly if you have a back

problem. Every morning, before getting up from bed, lying on the back, stretch the whole body with hands pulling upwards.

(g) EXCESS WEIGHT - the heavier you are, the more work the back has to do. Since the excess weight is carried in the front of the stomach area, it places additional strain on the low back, as it pulls forward, making your muscles work hard to keep you upright.

(h] POSTURE - correct posture is vital for the prevention of back and neck pain. Self-assessment of poor and imbalanced posture involving the tight muscles in the low back and neck can be done while sitting, standing, lying down, lifting etc. Sleep on a hard bed with a firm but comfortable mattress.The correct pillow is important. The spine should be straight from the head to the pelvic region (no bend).

Sit upright and use some support, if necessary, such as a cushion in the low back and neck. Strong abdominal muscles keep the stomach from sagging forward. Sagging imposes dangerous stress on the lower or lumbar region of the spine. Weakness of abdominal muscles is one of the most common causes of back pain. While sleeping there should not be much body movement like twisting and turning. No support should be given to the lower back thus allowing maintenance of the normal hollow in the low back. A special pillow should be used to support the head, so that it does not drop below the shoulder. For those suffering from backache, the prone or 'on the stomach' sleeping position

is not recommended, since it tends to extend and strain the back.

(i) OCCUPATIONAL HAZARDS - People with sedentary habits must realise the adverse effects of just sitting, lack of exercises, tension/ stress, etc., and cultivate the habit of moving about, stretching the neck, shoulders, walking briskly/playing games/doing lot of exercises like Yoga. Avoid standing for long and bending forward with a jerk or lifting weight. As you get older, keep your spine mobile through changing postures, regular exercises, warmth and massage. You may also use neck collar and sacroiliac belt in case of severe pain of cervical and lumbar spondylosis and in the low back area. We pay a high price for sedentary living both in terms of back pain (commonly caused by inadequate musculature) and overall health.

(j) TRACTION - stretches the spine along its length and moves the vertebrae thus taking pressure off the discs. Traction can be mechanical, i.e. with the help of equipments or manual, i.e. while lying down, the other person holds both ankles, pulling lengthwise, moderately and slightly upwards (30 seconds of pulling and 30 seconds of remaining idle - repeat 10 times). Or, fix a rod or a piece of strong 30 mm diameter pipe on your door frame, hold in your hands and hang, stretching the whole body and spine downward (with weight hanging on the arms). Do this 3 to 6 times, for 30 seconds each time every day.

(k) MANIPULATION - this treatment should be taken only from qualified and trained Osteopaths and Chiropractors to avoid severe damages.

(l) INJECTIONS - are not of any help, though many doctors claim to achieve a variety of effects through their use.

(m) ACUPUNCTURE - does help in some cases of back and neck pain, specially when used to relieve spasms of back muscle; if you believe in it, you can consider consulting a trained Acupuncturist.

(n) MAGNETIC BELT - may be used for 30-60 minutes intermittently, though it provides only symptomatic relief.

Diet

This is,in fact, the most important factor to control and cure any disease. Avoid or reduce sugar, white flour, fried, refined or processed food, additives such as colouring, flavouring, preservatives and vinegar, alcohol, salt, coffee, cola, chocolate, cakes, biscuits, ice cream, canned fruit or juice, citrus fruits, butter milk etc., Eat plenty of vegetable salads, fresh fruits, whole grain cereals, beans, brown rice, yoghurt, skimmed milk, baked potato, banana, apple, dates, fig, garlic, sesame seeds, fenugreek. **Low-fat, high-fibre and low-protein diet would be the best.** Vitamin B complex and Vitamin C are recommended. Drink a lot of water, say 8 to 10 glasses a day and sleep 7 to 8 hours daily. Have enema or do *Shankprakshalan* intermittently to avoid constipation. Have a three-day detoxification course every month. Maintain a strict diet control, daily exercises with strong **WILL POWER.**

URIC ACID AND GOUTY ARTHRITIS

Rise in uric acid levels can result in Gouty arthritis. Diet is very important. One should avoid fruits like grapes, citrus fruits, white sugar, cakes, biscuits, all meat items, alcohol, whiteflour, canned fruit/juices, sweets, ice cream, almonds, all nuts, aerated water, tomatoes, potatoes, green chillies, brinjal, lady's finger and *arvi* to reduce uric acid. During an attack of gout, it is advisable also to avoid beans, cauliflower, green peas, mushrooms, *chikoo* and *seetafal* (custard apple). On the other hand, skimmed milk and curds, in reasonable quantity, are recommended.

CHAPTER VIII

URINARY DISORDERS

KIDNEY

Each of the two kidneys has one million nephrons or filter units, filtering about 200 litres of fluid (blood without red blood cells and protein) from the blood daily, 99 per cent of which is reabsorbed into it, leaving two litres which is passed out as urine. Besides this, the kidneys have many other functions. They are very precise and delicately engineered parts of the body, and have the ability to constantly evaluate and treat the volume and chemical nature of the blood. If healthy, even one kidney is enough for taking care of the body needs of a person. That is why people with good kidneys sometimes donate one and yet remain healthy. Some early warnings of kidney diseases are: too little or too much urine output, frequent urination, pain in the lower abdomen, change in the colour of the urine, blood in urine, protein in urine, swelling of the face or feet, backache, high blood pressure and unpleasant odour in the urine. But any one of the aforesaid signs or symptoms, does not necessarily imply kidney ailment by itself. Except in cases of major damage, kidneys have some self-repairing powers.

Measures: Awareness, regular check-ups, prompt treatment of infections, control of high blood pressure, treatment of diabetes, avoiding unnecessary drugs, chemical ingestion, alcohol, smoking, *zarda*, maintenance of ideal body weight etc., are important. Fluid plays an important part in preventing infection of the kidneys and the formation of stones in the

kidneys. One should take plenty of fluid every day to ensure that the kidneys work regularly and maintain a normal chemical balance in the body.

Once the kidneys completely fail to function, death is imminent. There are only two alternatives available to the patient - dialysis or transplantation. See treatment chart.

URINARY TRACT INFECTION (UTI)

The urinary tract consists of kidney, ureters (connecting kidney to bladder), bladder and urethra (linking the bladder to the outside). UTI is more common in women than men. The factors promoting infection are poor genital hygiene, pregnancy, stones, obstruction and instrumentation of the urinary tract, diabetes mellitus, promiscuity and stasis of urine (e.g. as by neglecting the urge to pass urine) etc.,

Upper UTI involves the kidneys (pyelonephritis, glomerulonephritis etc.,). These conditions require medical intervention as they are serious and can lead to renal failure.

Lower UTI can involve the bladder or urethra. Infection of the bladder leads to increase in frequency of urination both during day and night (nocturia), urgency, difficulty in passing urine (dysuria), pain in the lower abdomen and lower back. There may be fever with chills, blood and pus cells in the urine and a sharp pain at the end of urination.

An infection in the urethra causes burning sensation on passing urine, dysuria, pus cells in urine.

Preventive measures (can be applied for upper and lower UTI):

(a) Maintain adequate fluid intake and output - drink 8-10 glasses of water.

(b) Proper genital hygiene - care should be taken when using public toilets and during ablution. Avoid contact of genitalia with any possible source of infection.

(c) Special care during pregnancy.

(d) Prompt treatment of other predisposing factors.

Treatment for lower UTI

(a) Fasting and increased fluid intake.

(b) Mud/towel pack on abdomen frequently.

(c) Chest pack to bring down temperature.

(d) Kidney pack to improve urinary output.

(e) Sitting in a warm water tub for 15 mts. (neutral hip bath is a remedy to palliate pain and burning sensation).

(f) Wet Girdle pack 2/3 times a day during an acute phase and later, once before going to bed for an hour.

(g) Diuretics like tender coconut water, butter milk, barley water and *dhania* (dry coriander seeds) water can be given.

PROSTATE GLAND

The prostate gland is an organ made up of muscular and glandular structures which surround the neck of the male bladder and the first part of the urethra - the tube that conducts the urine out of the bladder to the urinary opening. However, in old age, enlargement (hypertrophy) of the prostate is very common, occurring in about one-third of all men over sixty years of age. Its earliest symptom is, frequent

urination both during the day and at night with weak stream or just dribbling. The patient will have to get up several times during the night to empty the bladder. Sometimes it will be necessary to have the physician to drain the urine with a catheter. If the urine is retained, it exerts great pressure within the bladder, inflammation of the bladder - cystitis - and kidney disease are likely to be the results. Headache, irritability, nervousness, lassitude and a general feeling of debility may be caused by hypertrophy of the prostate.

The treatment consists of rest in bed, light diet such as fruits and vegetables, drinking plenty of pure water and breathing plenty of fresh air. Ensure that no constipation occurs. Besides, take treatment as prescribed in the chart.

Iodine is good in the form of natural food aids in normalising the glandular mechanism and breaking down morbid growth. A few pumpkin seeds or sunflower seeds (raw) which are rich source of iodine should be taken twice/thrice daily. Cabbage, ashgourd, carrot, pineapple, banana and apple also contain iodine.

Avoid

(a) Starch and sweets particularly at night.

(b] Potato, brinjal, radish, spices, salt, chillies, pepper, citrus fruits, lemon, anything sour and irritating, alcohol.

CHAPTER IX

MENSTRUAL DISORDERS

Menstruation normally begins at the age of 11-13 years and stops around 45 years. Normally the cycles are regular - occur once in 28 days (range 21-35 days) with the bleeding lasting for 3-5 days.

Some common complaints associated with menstruation are - painful, irregular periods and excessive or scanty bleeding. A person may have one or more complaints simultaneously.

Adolescent girls commonly have lower abdominal pain (back and leg pain occasionally) on the first day of the period (Spasmodic Dysmenorrhoea). There may be nausea, vomitting or loose stools. The exact cause is not known. Long-term benefit is obtained by regular *asanas* and brisk walking. Relieving constipation helps as a general measure and specifically, prior to periods. Fruit diet 2-3 days before periods and fasting on the day of onset of the periods help.

Bleeding may also occur at irregular intervals. It may be excessive, so as to cause anaemia or it may be scanty - such that there is only spotting of blood. Anxiety and depression may be associated with the period in some cases. Of the numerous causes, hormonal imbalance, over and underweight are easily controllable by Naturopathic and Yogic methods. Other conditions that may occur are onset of periods at an early age (precocious puberty) not having periods ever or having stopped at an early age, all of which require further medical assessment.

Asanas and diet regulation are essential. Massage to abdomen, back and legs , avoiding stimulants like tea, coffee, alcohol also help. Adequate sleep, rest and relaxation help to combat anxiety and depression.

See chart for further line of treatment.

CHAPTER X

ORAL AND DENTAL HEALTH

Majority of our countrymen are quite ignorant of benefits of good oral health. Oral and dental diseases in India are on the upswing. The incidence of Dental Caries (tooth decay) had gone up from 40% to 60% during the sixties and it is around 80% to 85% today. It is very much on the increase, especially among children. The incidence of Periodontal Disease (gum disease) is around 90% to 95% contributing to other general diseases like arthritis, gastritis, various lung and heart diseases. The negligence of oral hygiene, betel chewing, tobacco chewing, smoking etc., contribute to oral cancers. Out of 100 different kinds of cancers diagnosed in India, about 45 are oral cancers.

With the advances in Dental Science and proper home care, it is possible to retain natural dentition throughout life. In order to achieve this, we must concentrate on the following aspects.

Avoid soft diet poor in fibre content and rich in refined carbohydrates (refined sugar). These lead to the formation of bacterial plaque underneath the gums and around the teeth surfaces. Excessive smoking, use of betel leaves and nuts, tobacco chewing and pan masalas, should be avoided as they are known to be cancerous. **A clean tooth never decays.** The teeth should be properly cleaned with a soft tooth brush after every meal using fluoride toothpaste. This helps in breaking up the bacterial plaque and minimising it to be calcified leading to calculus (tartar) formation. The calculus can only be removed by a

Dentist/Dental Hygienist which will help prevent Periodontal Disease. A proper way for brushing the teeth is very important. Brush your teeth the way they grow. Upper teeth are brushed downwards. Lower teeth are brushed from gums to teeth, rotating the brush upwards. Inner surfaces are brushed backward and forward. Massaging the gums, rinsing mouth with fresh water, cleaning the tongue with brush or tongue cleaner and using dental floss or tooth pick is also very helpful in maintaining the oral hygiene.

Oral health depends to a great extent on proper nutrition. A balanced diet plays a great role in maintaining dental health. Milk, fresh chewy fruits and green vegetables rich in calcium, fluorides, phosphorus and fibrous diet help to a great extent in maintaining optimum dental health. Make the dentist your friend and visit him at least once in six months for a check-up even if you have no apparent dental trouble.

CHAPTER XI

SUBSTANCE ABUSE

Since volumes are available condemning the evils of smoking, tobacco/*zarda* chewing, pan masala, drugs, alcohol, it is wise to be silent on these topics. However, the author cannot resist appending a few words on the subject. It is alarming that India has the third highest number of tobacco related deaths in the world with an estimated one in every five deaths in the country, occurring due to tobacco use, while in developed countries due to health awareness people are giving up tobacco.

SMOKING

Smoking is very harmful for the smoker as well as for his companions. It is the single biggest avoidable menace to good health. Smoking causes impotence and infertility besides narrowing and hardening of arteries. Smoking is also responsible for paralytic stroke, brain haemorrhage, angina, heart attack, chronic bronchitis, ulcers, cancer etc. Nicotine is a drug that occurs naturally in the tobacco leaf. In higher doses, nicotine, like other addictive drugs including heroin and cocaine is a poison. Nicotine has a powerful effect on the brain and the central nervous system. Nicotine causes an increase in the heart rate and in the rate of breathing - thereby making the heart work harder. Therefore, smoking kills more people every year than all other drugs and alcohol combined. Even non-smokers who are exposed to smoke suffer more than the smokers themselves.

Social attitudes towards smoking have changed dramatically in the civilized countries for the past few years and all smokers are aware of these. Smokers are becoming a lonely minority and they know their habit or addiction is harming those around them. Nearly all of them would like to quit smoking but one has to have a strong will to **quit in one stroke** and not slowly and steadily. Throw away all cigarettes, lighters, matches and ash-trays. Drink lots of water, fruit juices and herbal teas. Keep yourself busy. When the urge to smoke hits, take deep breath and hold for a few seconds. In fact, regular *pranayama* helps smokers quit and stay off cigarettes. Play with something like pencil or pen in hand. Eat several small meals. After quitting, you feel better and look better day by day in all respects by getting rid of diseases.

TOBACCO/ZARDA CHEWING

This is certainly worse than alcohol and smoking as it is solely responsible for oral cancer, abdomen ulcers besides leading to many other diseases of the abdomen, lungs, liver, throat and brain. It makes the brain tissues sluggish, dull, numb and inactive making the person incompetent for brain work. *Zarda*/tobacco contains nicotine just like cigarettes. Nicotine is a harmful drug that takes you up then drops you flat. It makes you want more. It gets you hooked. Then you are in real trouble. Quit chewing, as suggested above, in one stroke and as soon as possible.

PAN MASALA

Its effect is generally like *zarda*/tobacco and highly addictive in nature. It is unfortunate that the habit of taking pan masala is acquiring a status symbol. If

one knows the reality (toxic ingredients and harmful effects) one will never like to touch it. Shun it as suggested above.

ALCOHOL

Apart from causing numerous social, moral and legal harms, ALCOHOL gives rise to various health problems including damaging the liver which is a very tough organ. It directly attacks and causes cirrhosis of the liver or cancer of the liver, gastritis, ulcer, nervous disorders etc.

DEVIL'S DISCIPLE

The following anecdote vividly illustrates the evils of alcohol:

Drink is a demon that ruins man. Once, so the legend goes, the devil approached a man and said, "You are about to die. I can save you from death in any one of these three ways:

Kill your servant. Beat your wife. Drink this wine".

"Let me think" said the man. "To kill my faithful servant is impossible; to ill-treat my wife is ridiculous, I will drink the wine".

He drank the wine and being drunk he beat his wife and killed his servant who attempted to defend her.

When the servant died, wisdom dawned. But it was too late. The drunken man repented for life time.

SHED THE HABIT OF DRINKING BEFORE FORCED TO SHED TEARS.

"For he shall be great in the sight of the Lord; and shall drink neither wine nor strong drink; and he shall be filled with the Holy Ghost, even from his mother's womb".

CHAPTER XII

ROLE OF EXERCISES

The importance of exercise cannot be over emphasised - brisk walking, jogging or Yoga or hard games are vitally important for health. These activities are an easy way for most people to get regular exercises, as these do not require special facilities or equipments. However, one should consult a doctor before starting any exercise programme.

A 60 year old man, who regularly exercises is more fit than one of 40 years who takes no physical exercise.

Swimming is by far the best form of exercise for everyone. It makes the whole body work without over-burdening it.

Benefits

(a) makes you feel more energetic, enables better use of oxygen in the body, increases the lung capacity and also increases metabolic rate;

(b) reduces high blood pressure and high fat content in the blood;

(c) increases resistance to fatigue and various diseases and gives a new zest to life;

(d) tones up the muscles, glands, relieves muscular tension and cramps and increases stamina/ strength;

(e) helps to control appetite, weight, diabetes, spondylosis, back pain etc., and improves digestion/motion;

(f) improves efficiency of the heart, lungs and all the organs of the body in general by improving blood circulation which in turn improves the nutrition supply to tissues and elimination of wastes;

(g) helps in coping with stress, depression, tension and anxiety.

(h) improves the ability to fall asleep quickly and soundly;

CHAPTER XIII

GUIDELINES FOR HEALTHY LIVING

(NO PAINS, NO GAINS)

Some guidelines have been provided hereunder, which if followed, can lead to drugless and a disease-free, healthy life. However, mental discipline and reconciliation are necessary to follow the said guidelines/habits. It is an admitted fact that no gain is possible without enduring pain and requisite efforts or sacrifice. Consult Naturopaths and change your life style.

01. The food that we eat helps build the blood cells, nerves, bones and muscles in our body. It has been proved scientifically that food which is highly processed and high in protein, fat, salt and sugar leads to health problems. Nutritious food (balanced wholesome diet), moderate exercises, drinking enough - [8/10 glasses (3 litres)] water, enjoying fresh air and sunshine, resting adequately everyday will ensure a healthy body and healthy mind.

02. Overhaul/detoxify the system completely by fasting 2 to 4 days every three months with liquids, preferably fresh lemon water with honey 4-5 times daily and follow it up with an all-fruit course for 5 to 7 days and then resort to normal diet cautiously and gradually. Take enema on the days of fasting immediately after taking mud pack for 15/20 minutes. Also take abdominal pack at night.

03. Abdomen must be kept cool and soft always. All liquid intake should be close to the body temperature as far as possible. Take mud pack, hip bath, enema and oil massage intermittently.

04. Drink 1 or 2 glasses of water on rising, every morning.

05. Dental health plays a vital role in causing a troubled abdomen; an unhealthy abdomen is responsible for most of the diseases.

06. Use honey and molasses instead of sugar. Use a lot of garlic and some ginger if they suit. Take maximum roughage/fibre.

07. Avoid non-vegetarian, concentrated, stimulating, intoxicating and gas forming food.

08. Ideal time for lunch is 10.00 am and for dinner 7.00 pm. May take some fruits (one variety only) around 2.00 pm. Take only two meals a day and satisfy 80% of your hunger or appetite. Do not drink water during meal but take in plenty one hour after the meal. Chew well. Do not eat if not hungry or in bad mood/anger or at odd hours.

09. Shun - smoking, tea, coffee, alcohol, zarda, pan-masala, soft drinks and drugs.

10. Going for brisk walk and/or doing Yoga for 30 to 60 minutes daily - is a must.

11. Wash vegetables and fruits properly under running water, scrubbing with a brush before cut ting, as they contain pesticides and contaminants. If any germs are suspected then wash in water with diluted solution of potassium permanganate.

12. Ensure good digestion, sound sleep, good appetite and evacuation of bladder and bowels regularly and naturally.
13. Tension is very harmful, as it causes flatulence, constipation, irritability, besides liver and heart problems. Hence, change the way of living. Do not work for long hours. Do not become a workaholic. Do *Shavasan* and enjoy minimum 7 hours sound sleep daily.
14. Always use polyunsaturated oil and reduce salt and sugar intake to the minimum possible level.
15. After lunch, rest a while and after dinner, walk a mile - is a wise old recommendation. Relax in *Vajrasan* for 10-15 minutes after the meal.
16. Take very light but nutritious food which includes fruits, skimmed milk and yoghurt (curds).
17. For healthy condition, 80 per cent of alkaline foods to 20 per cent of acid foods are needed. For curative treatment, 100 per cent alkaline diet is needed. Alkaline food and drink purify the blood. Refined and processed food tend to acidify and pollute the blood and the cells.
18. Select your food from the following :

(a) **Acid producing foods:**

All flesh foods, fish, pulses, white bread, polished rice, white flour, nuts, confectionery, sweets, coffee, tea, cocoa, alcohol, boiled buffalo milk, fried foods, concentrated foods, hydrogenated stuff, powder milk, chilled foods, cheese, white sugar, beans, onions, peanuts, tomatoes, jam and all preservatives, pickles, unripe fruits, refined stuff, grapes, high protein food.

(b) Alkali producing foods:

All kinds of vegetables, potatoes, fresh fruits, butter- milk, fresh lemon, coconuts (tender), figs, dates, almonds, loquates, skimmed milk, yoghurt, molasses, olives, sweet oranges, dry fruits, sprouts, whole flour/unpolished rice, honey.

19. It is suggested that one may keep the following items at home. They are negligible in cost, but help in maintaining healthy body (ofcourse, a support of exercises and balanced diet is pre-requisite of Naturopathy):

(a) Hip bath tub	:	1 or 2 Nos.
(b) Fomentation bags	:	2 or 3 Nos.
(c) Abdomen/chest pack	:	1 set
(d) Mud tray & towel		
(e) Enema kit		
(f) Bucket for hot foot bath		1 No. each
(g) Tumbler for *Jalneti*		
(h) Infra-red lamp		
(i) Facial steam kit		

Thus we see that our senses and faculties sometimes work at cross- purposes, and throw the body out of gear. It can be brought back to normalcy by observing the simple do's and dont's enumerated above.

CHAPTER XIV

TABLES AND CHARTS

TABLE I - CALORIE CONTENT OF FOOD

1. CEREALS AND COOKED FOOD

	Quantity	*Calories*
Soup (normal)	1 cup	90
Cooked Rice	1 cup	130
Chapathi (medium)	1	80
Poori	1	95
Prantha (plain)	1	145
Subji (vegetable curry) cooked in Sunflower oil	1 cup	60
Idli	1	80
Dosa (plain)	1	125
Dosa (masala)	1	240
Vada and Sambar	1	140
Dal	1 cup	160
Papad (roasted)	1	40
Samosa (medium size)	1	100
Sweets (burfi of medium size)	1	140
Rasogulla (medium size)	1	120
Salted biscuits	4	100
Cream Crackers	3	100
Corn flakes	1 cup	100
Sugar	1 tsp (5 gm)	20
Honey	1 tsp (5 gm)	16
Cereals and Pulses	100 gm	360
Toast with butter	1	100
Cooking oil like soya bean/ ground nut	3 tsp	135
Sunflower/Safflower oil	3 tsp	135

2. FRUITS AND VEGETABLES

	Quantity	*Calories*
Apple	100 gm	59
Banana	100 gm	116
Blue grapes	100 gm	58
Green grapes	100 gm	71
Mosambi	100 gm	43
Mango	100 gm	74
Watermelon	100 gm	16
Orange	100 gm	48
Papaya	100 gm	32
Pineapple	100 gm	46
Chikoo	100 gm	98
Seetafal	100 gm	104
Fruit juices (without sugar)	1 glass	125
Methi leaves	100 gm	49
Spinach (palak) leaves	100 gm	26
Beetroot, carrot	100 gm	45
Potato	100 gm	97
Gourds (ash, bitter, ridge,snake)	100 gm	10-25
Cabbage, Cauliflower	100 gm	30
Pumpkin	100 gm	25
Cucumber	100 gm	13
Ladies finger	100 gm	35
Green peas (fresh)	100 gm	93
Leafy vegetables	100 gm	32
Mixed salad	100 gm	70

3. MILK AND MILK PRODUCTS

	Quantity	*Calories*
Buffalo milk	1 cup	210
Cow milk	1 cup	130
Skimmed milk	1 cup	80
Milk shake	1 glass	210
Yoghurt (whole milk)	1 cup	100
Yoghurt (skimmed)	1 cup	60
Buttermilk	1 cup	30
Paneer	25 gm	100
Butter	1 tsp	35

4. MISCELLANEOUS

	Quantity	*Calories*
Almonds/Cashewnuts	10 pcs	100
Soft drinks	1 bottle	85
Tea/coffee with milk and sugar	1 cup	50
Ice Cream	1 cup	160

TABLE II

HEIGHT - WEIGHT TABLE

DESIRABLE WEIGHT - MEDIUM FRAME

ADULT MALE		ADULT FEMALE	
Height cm (ft.-in.)	Weight (kg)	Height cm (ft.-in.)	Weight (kg)
160 (5'-3")	59-62		
163 (5'-4")	59-63	50(4'-11")	46-51
165 (5'-5")	60-64	152(5'-0")	47-53
168 (5'-6")	61-66	155(5'-1")	48-53
170 (5'-7")	63-68	157(5'-2")	50-55
173 (5'-8")	65-70	160(5'-3")	52-56
175 (5'-9")	66-71	163(5'-4")	52-58
178 (5'-10")	67-73	165(5'-5")	53-60
180 (5'-11")	70-75	168(5'-6")	56-63
182 (6'-0")	71-76	170(5'-7")	57-65

TABLE III

VITAMINS IN YOUR FOOD

Vitamin	*Function in the body*	*Main source*	*Recommended daily allowances for adults*
A (fat soluble)	Essential for normal growth and development, including bones and teeth. It protects body against disease especially that of the respiratory tract. Necessary for good sight, healthy skin and body tissue repair in general.	Milk, curds, butter cheese, pumpkin, carrots, leafy vegetables, tomato, mango, papaya, orange, melon apricots, peaches potatoes.	5,000 I.U.
B1 or Thiamine (water soluble)	Plays important role in normal functioning of brain, heart, nervous system. Regulator of carbohydrate metabolism. Regulates appetite and maintains good digestion.	Wheat germ, yeast outer layer of rice, wheat and other whole grain cereals especially after sprouting, nuts, peas, lime, soyabeans, dried beans, legumes, soya, dark green leafy vegetables, milk, cheese, banana, apple, molasses.	1.2-2.0 mg
B6 or Pyridoxine (water soluble)	Helps in absorption of fats and proteins	Rice, milk, molasses, yeast, cereals, soya and fresh vegetables.	2-3 mg

B12 (water soluble)	Essential for proper functioning of the central nervous system and proper utilisation of food for body building purposes.	Soya Milk and cheese	3 mg
C Ascorbic Acid (water soluble)	Essential for normal growth and maintenance of practically all body tissues especially those having to do with joints, bones,teeth and gums. Protection against infections. Great help in quick healing of wounds.	Citrus fruits like orange, lemon, tomato, grapefruit, mosambi, melon, potato and green leafy vegetables, cabbage, *amla,* sprouted bengal and green grams.	50-75 mg
D (fat soluble)	Essential for proper bone and teeth formation. Helps in the metabolism of calcium and phosphorous.	Rays of the sun, milk,butter, cheese	400-800 I.U.
E (fat soluble)	Essential for normal reproductory function, fertility and physical tone. Helpful in cardiovascular diseases.	Wheat or cereal germ, whole grain products,green leafy vegetables especially lettuce alfalfa,milk, soyabeans.	12 I.U.

The most important nutrients that the body needs, and some of the veg.foods which provide them.

The body needs nutrients for	*These are called*	*They are found in*
Building and repair of the body	Protein	Cheese, milk, buttermilk, curd, peas, beans, lentils, soya, nuts.
Building teeth and bones.	Minerals i) Calcium ii) Phosphorous	Milk, cheese,flour, cabbage, baked beans, curry powder, dried fruits.
Transport of oxygen	Iron	Kelp,black molasses, cabbage, spinach.
Vital for healthy nervous system and cell structure, helps promote, absorption and metabolism of protein and many vitamins.	Magnesium	Banana, leafy vegetables kelp,dolomite.
Energy	Carbohydrates i) Starch ii)Sugar (not needed for the body but often consumed)	Flour, rice, potatoes, cereals. Sugar, Jam, Syrup, sweets, chocolate, tinned foods.
	Fats	Butter,ghee, margarine,oil milk,cheese, chocolate.

TABLE IV

OILS AND FATS

It is the difference that counts

Type of oil or fat	Percent Polyun saturated Fat	Percent Saturated Fat
Safflower (Kardi) Oil	74%	9%
Sunflower Oil	64%	10%
Corn oil	58%	13%
Average Vegetable Oil (Soyabean+Cottonseed)	40%	13%
Sesame (Til Oil)	38%	13%
Chicken Fat*	26%	29%
Groundnut Oil	21%	19%
Average Vegetable Shortening	20%	32%
Mustard Oil	18%	6%
Lard*	12%	40%
Olive oil	9%	14%
Beef Fat*	4%	48%
Butter*	4%	61%
Palm oil*	2%	81%
Coconut oil*	2%	86%
Ghee*	Nil	65%

All fats and oils are equally high in calories, so see how little you can use. When you use fats and oils, choose those high in polyunsaturated fats - the ones at the top of the chart.

*** Must be avoided.**

TREATMENT CHART

(If you have no knowledge of the subject, acquire a book "Nature Cure Treatments")
Also consult Naturopaths & Yoga experts

DISEASE	COMMON PROGRAMME (CP)
For all diseases as specified hereunder (For a required period)	(1) Cold hip bath-evening for 15 minutes followed by brisk walk or Yoga. (2) Mud pack-morning for 15/20 minutes, followed by neem (luke warm) water enema, if constipated/during fasting. (3) Oil massage for 30/40 minutes (once/ twice a week). (4) Sauna/steam bath/sun bath (once/twice a week), if possible. Drink water before any hot treatment. (5) Relaxation, immersion full bath (once/twice a week). (6) Hot Epsom salt bath (twice a week). (7) Fasting on drinking water and juices for a required period. (8) Do *Suryanamaskar*, brisk walk, jogging-early morning. (9) Nothing should be eaten 30 minutes before and after any treatment (10)Do not drink or drink very little water during meal and upto 60 minutes thereafter. (11) Rest, relaxation, sunshine, fresh air, 7 hours sound sleep, vigorous exercises (brisk walk/Yoga) for one hour and strict diet control. (12) Drink one or two glasses of water on rising(early morning). (13) Drink 8/10 glasses (3 ltrs) of water daily, including lemon, *amla*, fruit juices, butter milk, soups. May take tender

coconut water, if suits. (14) Strictly no milk and milk products, frieds, solids, fats, pulses, white rice, banana, potato, maida, sweets, proteins, mango, sapota, salts, ghee, butter and all stimulant/irritant/concentrated food. (15) Avoid smoking, alcohol, *zarda*, pan- masala, tobacco, drugs, soft drinks, tea, coffee, gas forming food, (16) Eliminate tension, hurry, worry and sedentary habits.

DISEASE	SPECIFIC PROGRAMMES
1. Amoebiasis, constipation, piles.	**CP Plus** GH(Gastro Hepatic) pack, thoroughly cleansing the whole system with fasting and enema for 5 to 10 days, followed by vigorous exercises and controlled diet, hot and cold hip bath and abdominal pack at night. Inject 2/ 3 milli litres of oil into rectum in the night and put cold pack for 30 minutes on rectum for piles. ***Yoga**: Kunjal, Laghushankhaprakshalana, Vipareet Karni, Bhujangasana, Shalabhasana, Dhanurasana, Kapal Bhati, Anuloma Viloma.*
2. Indigestion, loss of appetite, gastro intestinal gas.	**CP Plus** GH (Gastro Hepatic) pack, thorough overhauling of the system with fasting and enema for 2 to 5 days, fomentation to abdomen, abdomen massage, hot and cold hip bath twice a week, abdomen pack at night. ***Yoga**: Kunjal, Pavan Muktasana, Bhujangasana, Shalabhasana, Yogamudra, Anuloma Viloma.*

3. Tension, stress, irritability, depression, anxiety sleeplessness, insomnia	**CP Plus** cold spinal bath twice daily and abdominal pack at night. Avoid acid forming food like starch, protein, fatty items, but take alkaline diet rich in calcium, Vit.C and B1, plus dairy products (from skimmed milk) and vegetables, fruits, sprouts, naturally sweet curd/butter milk, soyabeans and molasses. Avoid irritants like lemon, sour juices/curds, spices, salt, pickles etc. Take soothing diet. ***Yoga**: Jalaneti, Kunjal, Sarvangasana, Matsyasana, Parvatasana, Shavasana, Pranayama* and *Chittashuddhi.*
4. Liver disorders (hepatitis), amoebic liver.	**CP Plus** GH pack, abdominal pack at night, thorough overhauling the whole system with fasting and enema for 6 to 10 days, dry friction, light massage over liver followed by cold and hot fomentation (3 mts.each) or hot and neutral hip bath weekly 2/3 times, hot Epsom salt bath. Take soothing diet. ***Yoga**: Kunjal, Halasana, Paschimottanasana, Ustrasana, Shashankasana, Bhastrika, Anuloma Viloma.*
5. Respiratory diseases-asthma, bronchitis, sore throat, cough, allergies, sinusitis, cold, rhinitis,	**CP minus** cold hip bath, **plus** cold chest pack at night. Fomentation to upper back. Thorough overhauling of the whole system with fasting and enema for 3 to 8 days, dry friction, neutral sponge, breathing exercises, hot Epsom salt bath. Hot water should be sipped when required. Take steam inhalation, asthma bath, back massage, hot arm and hot foot bath (combined for 15 minutes) then sleep immediately at night, rub vicks on chest and throat and

nasal polyps (chronic) nose block.	cover with woollen muffler before sleeping, keep chest warm by wearing sweater and muffler, do not expose to cold. Gargle with warm salt (saline) water 2/3 times daily. Restricted (mucousless) diet for 3 to 6 weeks. Take fruits and juice rich in Vit. C. No cooked food in the evenings. Avoid dairy products. ***Yoga**: Kunjal, Jalneti followed by cow ghee drop in nostrils, Vastra Dhauti, Laghushankha Prakashalana, Suryanamaskara, Bhujangasana, Shalabhasana, Paschimottanasana, Kapal Bhati, Bhastrika, Suryabhedana* and *Yoga Nidra.*
6. Migraine, Headache.	**CP Plus** thorough overhauling of the system with fasting & enema for 3 to 8 days. Hot foot and arm bath, massage to head, contrast foot bath, hot and cold hip bath (twice a week), massage to abdomen, fomentation and pack. ***Yoga :** Kunjal, Laghu Shankhaprakshalana, Suryanamaskara, Bhujangasana, Shalabhasana, Paschimottanasana, Shitali, Sheetakari, Yoga nidra.*
7. Hypertension (HBP)	**CP minus** sauna, steam, any hot treatment, jogging, cycling, heavy exercises, *Suryanamaskar, Shirshasana, Mayurasana.* Take chest/trunk packs, cold spinal bath, ice massage to head and spine, mud bath, hot foot bath with chest pack. Maximum sleep, rest and relaxation (minimum 10 hours daily).

Salt is poison. Reverse oil massage weekly twice. Three days on fruit diet every month.

***Yoga**: Jalneti, Bhujangasana, Ardha Pavanmuktasana, Parvatasana, Gomukhasana, Sitali, Bhramari, Yoga nidra.*

8. Hypotension (LBP), underweight, anaemia, fatigue, nervous debility.

CP minus lemon plus sitz bath daily. Drink milk with honey, warm honey water, soups, butter milk,curd, sugarcane juice, boiled vegetables and light nutritious diet. Eat some fruits, soaked nuts like almonds and roasted grams during day - 2-3 times. Increase muscular activity by brisk walk/exercises.

***Yoga**: Kunjal, Laghushankha Prakshalana, Suryanamaskara, Paschimottanasana, Dhanurasana, Yogamudra, Kapal Bhati, Shirshasana (on apparatus), Bhastrika, Anuloma Viloma,*

9. Diabetes Mellitus

CP Plus GH pack. Take hot and cold hip bath twice a week and abdominal pack at night. Do more brisk walks and jogging. Take rest, relaxation and sleep for minimum 10 hours daily. Drink *karela* juice, lemon/*amla* juice, jamun, *mosambi*, vegetable soup, butter milk and curds. To have minimum carbohydrate diet. Reduce working hours. May take some fruits and roasted grams 2-3 times a day.

***Yoga**: Kunjal, Laghushankha Prakshalana, Suryanamaskara, Dhanurasana, Janusirasana, Ardha Matsyendrasana, Shirshasana* (on apparatus), *Kapal Bhati, Bhastrika, Anuloma Viloma.*

10. Arthritis, rheumatism, spondylitis, back pain, sciatica, lumbago.	**CP minus** cold hip bath and cold drinks **plus** hot Epsom salt bath, fomentation, infra-red to back and pain zones, hot hip bath with salt, hot spinal bath, *Kunjal*, dry friction. Thorough overhauling of the system with fasting and enema for 6 to 10 days followed by only fruit diet for 10/15 days. Do back bending *asanas* repeatedly. Use only hard bed, avoid jerks, pillows, long sittings, constipation and citrus fruits. Always have restricted diet-light but nutritious and rich in calcium/Vit.B and D - like skimmed milk and its products are recommended. ***Yoga**: Jalneti, Kunjal, Ardha Pavanmuktasana, Katichalana, Uttan Tadasana, Bhujangasana, Parvatasana, Shalabhasana, Dhanurasana, Vakrasana, Kapal Bhati, Anuloma Viloma* (simple).
11. Kidney disease	**CP Plus** kidney pack, drink plenty of water and be only on liquids like juice of wheat grass, cucumber, ashgourd, carrot, lemon, mosambi, orange, cabbage, tender coconut water and *dhania* water for 3 to 7 days. Strictly no salt, sweets, pulses and milk. Always pass urine immediately after meal. ***Yoga**: Kunjal, Bhujangasana, Shalabhasana, Vakrasana, Pavan Muktasana, Kapal Bhati, Bhastrika, Anuloma Viloma.*
12. Fevers	**CP minus** cold hip bath, oil massage, any hot treatment and immersion bath. **Plus** fasting and enema daily, cold chest pack and cold sponges. Total mental and physical rest. Head wash, wet packs on forehead, eyes and abdomen, ice bag on head. Only juices/soup and adequate water intake.

	Yoga: - *Kunjal* & Rest.
13. Stomach ulcers. (Gastric and Duodenal)	**CP minus** any hot treatments, **plus** abdomen packs at night, kidney pack. Strictly no exertion, *Kunjal, asanas,* massage etc., on abdomen. Drink cold diluted cow milk or goat milk with honey. Drink juice of ashgourd, cabbage, carrot, lettuce, orange, fresh butter milk/curd (not sour), use whole flour/brown rice, banana, stewed apple. Avoid all sour fruits, rough vegetables, lemon, guava, pulses. tomato, tamarind, *amla,* sour curd, spices, chillies and maida. ***Yoga**: Sitali, Bhramari, Shavasana, Yoganidra.*
14. Diarrhoea/ dysentery/ colitis.	**CP minus** enema, *asana,* GH pack, massage **plus** cold water or butter milk enema once a day and mud pack daily 2 to 4 times, kidney pack. Take butter milk, tender coconut water, honey, ripened banana, baked apple, fresh curd and well cooked rice. Avoid physical exercises, milk, lemon, all other fruits and vegetables. ***Yoga**: Rest.*
15. Skin diseases.	**CP plus** GH pack, mud bath,neem water bath,dry friction, cold sponge, Epsom salt bath, full wet pack. Only fruit diet for 5 to 10 days intermittently. Avoid sugar, salt, fried food, milk, fats and pulses. ***Yoga** : Kunjal (salt* free), *Suryanamaskara, Dhanurasana, Chakrasana, Paschimottanasana, Shirshasana* (on apparatus), *Anuloma Viloma.*

16. Nausea, hyperacidity, severe hiccups.	**CP plus** abdomen/trunk packs, ice bag on abdomen and cold spinal bath, take half banana and half glass of chilled milk without sugar 3 hourly, take half glass naturally sweet mosambi or orange juice (cold) 4 hourly. Keep ice cube in the mouth and chew slowly. Must not lose weight. ***Yoga**: Bhujangasana, Parvatasana, Gomukhasana, Vakrasana, Sitali, Bhramari.*
17. Prostatis - Enlargement of prostate glands (Benign Prostatic Hypertrophy)	**CP plus** wet girdle pack and ice bag on lower abdomen daily once. Hot or hot and cold alternate hip bath or fomentation to abdomen and abdominal pack weekly 2/3 times. Take soothing diet. Fast one day in a week with juices 4 hourly. Avoid constipation and sexual thoughts. Always take very light and *satvik* diet. ***Yoga**: Kunjal, Laghushankha Prakshalana, Pavan Muktasana, Paschimottanasana, Moolabandh, Ashwini Mudra, Anuloma Viloma.*
18. Obesity.	**CP plus** thorough overhauling of the whole system with fasting and enema for 15 to 30 days followed by soup and only fruit/vegetable diet for several days, vigorous exercises, daily 5 to 10 km brisk walk and full control on palate. Take lemon water 3-5 times daily. Avoid banana, mango, sapota, grapes, potato. ***Yoga**: Kunjal, Suryanamaskar, Bhujangasana, Shalabhasana, Dhanurasana, Janusirasana, Kapal Bhati, Bhastrika*

19. Menstrual Disorders.

CP plus abdomen pack every night, hot and cold hip bath (for painful and scanty menstruation), twice a week to be done throughout the month **except during periods.** Fomentation to abdomen (if bleeding is not excessive) in case of pain, during periods.

Yoga *Kunjal, Laghushankha Prakashalana, Suryanamaskar, Chakrasana, Dhanurasana, Matsyasana, Garbhasana, Kapal Bhati, Anuloma Viloma.*

IMPORTANT : If the above treatment and diet control seem too much, adopt 50% of them but concerning the disease and suitability - each case has to be assessed individually. Hence obtain advice of a Naturopath and Yoga expert.

NOTE : **Gastro Hepatic Pack** (yields excellent results). The Gastro Hepatic Pack influences not only the stomach and liver but also the spleen and pancreas through the intimate association of the circulation of these organs.

G.H. pack procedure: Fomentation bag filled with hot water should be applied on the abdomen covering the last rib to the umbilicus, extending upto the line of liver and spleen, while a cold bag is applied to the lumbar spine. Both bags' reverse application is called **kidney pack.**

INYS PUBLICATIONS

The Institute publishes the following :

1. Nature Cure - A Way of Life
2. Nature Cure Treatments
3. Prakritik Chikitsayen (Hindi)
4. Yoga in Daily Life
5. Yogabhyas (Hindi)
6. Recipes for Health
7. Fasting
8. Upvas (Hindi)
9. Combat Headaches
10. Sirdard Chikitsa (Hindi)
11. Digestive Disorders
12. Pachan Vyadhian (Hindi)
13. Yoga charts - folding type (Eng &Hindi)
14. Reflex zone charts (set of 2)
15. Exercises for a Healthy Spine chart
16. Ways to Better Eye sight
17. Suryanamaskar Chart
18. Be Healthy with Naturopathy
19. Prakritik Swasthya (Hindi)
20. Pranayama-Gateway to Health
21. The Natural Therapy of Arthritis
22. Honey
23. Shahad (Hindi)
24. Health Herald (Magazine)
25. **Video Cassettes :**
    1) Yoga for Healthy Living
    2) An Introduction to INYS

TIPS FOR EXECUTIVES

01. Early to bed and early to rise, makes you healthy, wealthy and wise.

02. Remember good health, character and moral values are the real assets.

03. Have complete medical check up periodically.

04. Avoid or reduce fried and refined food, high protein, fat, salt, sugar and gas forming/sour food.

05. Take wholesome and well balanced diet; low in protein and fat (but high in fibre). Eat at fixed hours. Drink at least 3 litres of water daily. Consume garlic, skimmed milk and its products/yoghurt, *amla*, fruits and vegetables.

06. Release tension by *Shavasan* and relaxation. Do not become a workaholic. Avoid worry, anxiety, jealousy, anger and vanity.

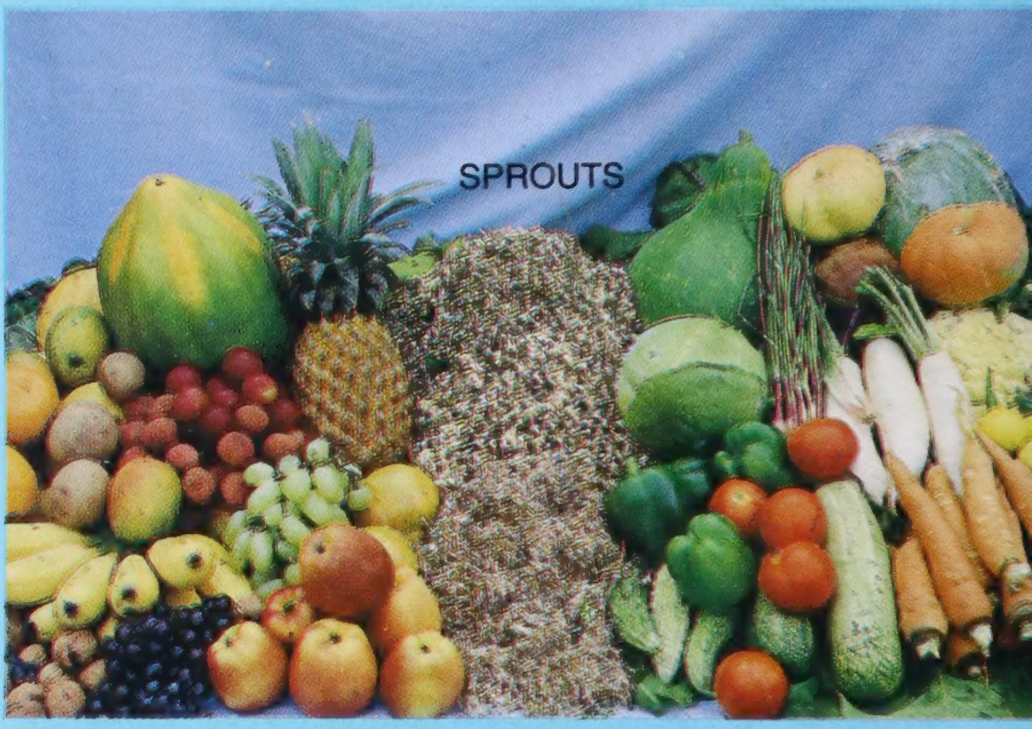
07. Ensure good digestion, appetite, sound sleep, evacuation - all naturally. Above all, follow a vigorous exercise programme.

08. Shun - alcohol, smoking, zarda, drugs and pan-masala.

09. Remember - "The most grievous kind of destitution is to want money in the midst of wealth". - SENECA

10. Every now and then go away, have a little relaxation, for when you come back to your work, you will be sure of judgment, since to remain constantly at work will cause you to lose power of judgment. — LEONARDO DA VINCI

NATURE'S FOOD



INYS TREATMENT CENTRE

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